

HAVE YOU HEARD ABOUT THE **RED** CUP?

The **REAL** Understanding of Lines on a SOLO Cup **SOLO**

What you've seen...
Not true or an original part of SOLO Cup design, but surprisingly accurate

What is true...
and very popular uses of SOLO Cups

What You Might Consider.
With SOLO Cups, there is always going to be fun!

ALCOHOL AWARENESS

HOW ARE YOU USING THE **RED** CUP?

College Drinking

[Facts on College Student Drinking \(samhsa.gov\)](http://samhsa.gov)

College Drinking Facts

[College Drinking Fact Sheet \(nih.gov\)](http://nih.gov)

Need Help?

If you're having an emergency, call 911. If you are having suicidal thoughts, call 911, go to the nearest emergency room or call the toll-free, 24-hour *National Suicide Prevention Lifeline* at 1-800-273-TALK (8255) to help you through this difficult time.

The *NIAAA Alcohol Treatment Navigator* can help you recognize and find high quality treatment for alcohol use disorder. If you drink excessively, seek medical help to plan a safe recovery as sudden abstinence can be life threatening. *NIAAA's Rethinking Drinking* can help you assess your drinking habits and provides information to help you cut back or stop drinking.

Life University (*Campus Emergency*): 770.426.2911 (*Campus Safety*); Campus Phone: ext. 2911

Alcohol Awareness: Resources are available – contact Counseling Services

Wellness Workshops: Visit ----> engage.life.edu

Campus Support: care@life.edu; counseling@life.edu

Organizations

Taking that first step toward recovery may seem daunting. The National Council on Alcoholism and Drug Dependence as well as many other organizations/groups have been developed to help aid in the recovery of alcohol abuse.

Alcoholics Anonymous- The first and most common would-be AA or Alcoholics Anonymous. The reason this group has gained so much popularity is because it is run by a community of recovering alcoholics. They too have been where you are now and will understand better than anyone what you need to her. They have free meetings in almost every city or town around the country. Their 12-step process will give you an optimistic, driven path to follow on the road to recovery.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)- This is an organization that publishes material to help you stay informed. They stay up to date with alcohol and treatment research so that you always have a place to find the answers. If you have questions about the effects of alcohol and other consequences this is the organization to contact.

National Institute on Drug Abuse (NIDA)- If you have questions about the science behind alcohol abuse, this is the organization to check out. They release data that shows the long term and short term effects of alcohol use. They also may help lead you to a correct diagnosis; if you are unsure of how severe the problem is that you or someone you care about is struggling with.

Al-Anon and Alateen- There are a lot of resources available to those on the path to recovery. However, they are not the only ones that need help. If you know someone struggling with this disease you may not know how to help them or deal with the stress that accompanies supporting someone through this tough time. This is group you can reach out to in person or over the phone when things seem to be getting too hard. They will show you how to be both encouraging and understanding.

While these are only a few of the groups that you can reach out to, there are many more ready and willing to help. Check your local area to find other groups that are specific to your needs and may be able to help.