



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County.

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276-C.A.R.E.

## **ACCESSING** Information About

# Alcohol Abuse

### What is Alcohol Abuse?

Alcohol Abuse is a pattern of alcohol use generally followed by recurrent, adverse consequences. A person abusing alcohol may repeatedly demonstrate intoxication when trying to fulfill major role obligations or pressure. One who is known to abuse alcohol may use the substance in situations in which it is physically hazardous. They may also have multiple legal problems and recurrent social and interpersonal problems. It is common for those abusing alcohol to have repeated absences or poor work performance related to recurrent hangovers. One may have repeated disciplinary action related to their substance abuse. One who abuses alcohol may neglect children and/or household duties. When a person who is abusing alcohol becomes tolerant and/or has evidence of withdrawal or compulsive behavior related to the use, alcohol dependency should be considered.

### Facts

- Alcohol is the number one substance abused
- Alcohol lowers inhibitions and impairs judgement
- Alcohol hinders coordination, slows reaction time, dulls senses and blocks memory function
- Alcoholism is a disease that affects millions of Americans
- Alcohol abuse can lead to alcoholism which is a chronic, progressive disease in which an individual cannot control his/her alcohol intake
- Alcohol abuse is often a sign of other problems
- Alcohol is a depressant. Individuals who consume alcohol may have depressive symptoms.
- Alcohol affects every aspect of a person's life - their family, their job and their health.
- Alcohol abuse can have a legal, social, financial and emotional impact.
- Those who abuse alcohol are at higher risk of getting cirrhosis and cancer of the liver
- Children and family members of those who abuse alcohol are at a high risk of abusing alcohol themselves
- Alcohol abuse leads to a high risk of homicides and suicides
- Long-term effects of heavy alcohol use include loss of appetite, vitamin deficiency, stomach ailments, sexual impotence, liver damage, heart and central nervous system damage and memory loss

## Signs and Symptoms

Signs and symptoms of Alcohol Abuse include:

- Change in someone's work habits or productivity
- Drinking during work hours
- Increased absenteeism or tardiness at work or school
- Changing jobs frequently
- Smell of Alcohol
- Excessive use of mouth wash used to mask the smell of alcohol
- Depression or social withdrawal
- Using alcohol in physically hazardous circumstances
- Inability to control drinking
- Using alcohol to escape problems
- Experiencing "black-outs" or not remembering what happened when drinking
- Using alcohol to "loosen-up"

## Types of Treatment:

- Support Groups (AA,NA)
- Detoxification Services
- Treatment/Counseling (inpatient, outpatient, day-treatment)

If you would like help with substance abuse, contact your local Alcoholics Anonymous. If you or someone you know is in an alcohol-related crisis or needs an alcohol assessment to determine the severity of abuse, contact Netcare Access at (614) 276-C.A.R.E. Assessments are provided at both Netcare's crisis sites at 199 S. Central Avenue and 741 E. Broad Street on a walk-in, first-come-first-served basis.

*Netcare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis, regardless of ability to pay. For more information on Netcare's services, contact us at:*

**Netcare Corporation**  
**199 S. Central Avenue**  
**Columbus, OH 43223**  
**Administrative line: (614) 274-9500**  
**Crisis hotline: (614) 276-C.A.R.E**  
[www.netcareaccess.org](http://www.netcareaccess.org)