

# CONCERNED ABOUT YOUR ALCOHOL USE?

Speaking up early is a sign of strength.

Devon:

Bro... that extra drink 🍷 last night really put me over my limit

Sam:

Sheesh, yeah u were not looking good 🙄

Devon:

TBH, I've been over my limit a lot lately 🙄

I kinda wanna talk to someone about how much I've been drinking, but I'm worried what might happen

Sam:

Man...you should def talk to someone. It's hard at first, but worth it

Devon:

I think you're right

Thanks for always having my back 🙌

**You can get the help you need, still return to duty and keep your relationships strong by speaking up.**

Learn about your Service's self-referral process at

[www.ownyourlimits.org/get-help/how-to/service-specific-resources/](http://www.ownyourlimits.org/get-help/how-to/service-specific-resources/).

**OWN YOUR  
LIMITS**  
SERVE HONORABLY.  
DRINK RESPONSIBLY.

[www.ownyourlimits.org](http://www.ownyourlimits.org)



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