

RESPONSIBLE DRINKING RESOURCES FOR SERVICE MEMBERS

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

Check out the following resources to figure out your relationship with alcohol, understand your drinking habits and limits and learn more about responsible drinking. If you want to make a change, visit these resources on how to get help and support for alcohol use concerns.



Consider Your Alcohol Use and How It Impacts You (and Those Around You!)

- ▶ [Drinking Habits Quiz](#). Take five minutes to review your drinking habits (anonymously!) to see if they're putting you at risk. You can also commit to drinking responsibly.
- ▶ [What's Your Relationship Status With Alcohol?](#) Review situations related to your health, wallet, career or relationships; it might be time to work on your relationship with alcohol.



Know What Drinking Responsibly Looks Like and How to Do It

- ▶ [Alcohol and Your Life](#). Discover how drinking responsibly can positively impact all areas of your life (think: social, financial and even psychological health).
- ▶ [How to Model and Support Responsible Drinking](#). Be an example for your buddies by having water in between drinks, planning rides ahead and respecting others' decisions to drink moderately or not at all. Big or small, your actions matter and can impact those around you.
- ▶ [Creating Responsible Drinking Goals: Set Yourself Up for Success!](#) Set responsible drinking goals and see what works for you, such as setting alcohol free days on your calendar or keeping alcohol out of the house.



Want to Make a Change? How to Seek Help and Support

- ▶ [Get Help](#). Asking for help before an alcohol incident happens is a sign of strength. Find resources within your Service and remember you are not alone on this journey!
- ▶ [Support Resources](#). Never forget that you have many support options available to you to help address the challenges in your life that may cause you to turn to alcohol. These include military and family life counselors, chaplains and healthcare providers.

Visit www.ownyourlimits.org to find even more information on responsible drinking and learn how to own your limit.

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