AM I DRINKING TOO MUCH?

I DRINK RESPONSIBLY.

In the Green Zone, I:
- Have self-control and do not drink to get drunk.
- Do not blackout, forget things, or drink and drive.
- Drinking does not interfere with daily activities, work or school.
- Do not have any legal problems as a result of drinking.

In the Green Zone, I avoid at-risk drinking by:
- Not drinking alone.
- Finding helpful and rewarding ways to spend my time that do not involve alcohol.
- Enlisting friends and family as support.
- Eating some food with alcohol.


MY DRINKING MIGHT BE A PROBLEM.

In the Yellow Zone, I:
- Drink in secret or hide my alcohol.
- Feel guilty after drinking.
- People become annoyed with my drinking.
- Begin to give up or cut back on important activities in order to drink.

In the yellow zone, I will:
- Know my drinking triggers and how to handle the urges to drink.
- Find healthy ways to deal with stress and cope with problems.
- Find a new peer group.

What counts as a drink?

- Regular beer
  - 5% alcohol
  - 12 fl. oz.
- Table wine
  - 12% alcohol
  - 5 fl. oz.
- 80-proof hard liquor
  - 40% alcohol
  - 1.5 fl. oz. shot

The rough percentage of “pure” alcohol, expressed here as alcohol by volume, varies by beverage.

I HAVE A DRINKING PROBLEM.

In the Red Zone, I:
- Continue to drink even though I feel depressed, anxious, or have another health problem.
- Look for reasons to drink and spend a lot of time drinking.
- More than once wanted to cut down or stop drinking but could not.

In the red zone, I will:
- Call my doctor immediately.
- Call the Houston Center for Sobriety- Also called the Sobering Center at 713-236-7800.
- Call Alcoholics Anonymous hotline 212-870-3400.
- Ask my doctor for information for a counselor, health professional, or treatment program.

QUESTIONS?
- 24/7 Texas Children’s Health Plan Nurse Helpline: 1-800-686-3831
- 24/7 Texas Children’s Health Plan Behavioral Health Helpline: Medicaid/STAR: 1-800-731-8529; CHIP: 1-800-731-8528; STAR KIDS: 1-844-818-0125

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