



## Drinking More? Using Substances to Cope?

### Here's how you can help



Share your experience.



Educate yourself and others.

### You are not alone

Recent studies show that almost 50% of adults over the age of 18 misuse alcohol.

However, many people never seek help due to stigma.

### I want to make a change, where do I start?

#### A call/email to AiRCare



AiRCare's individualized clinical coaching & support program is confidential and easy to use.



AiRCare will meet you where you are and go at your pace.



A clinician will work with you one-on-one to develop a personalized plan and continue to support you on the journey.

#### Resources in the community



Attend an open AA meeting to relate to others' experiences.



Talk to a professional or loved one about how you've tried to stop or cut back in the past and ask for support moving forward



Call SAMHSA's National Helpline @ 1-800-662-HELP (4357) and talk to a trained professional for next steps

### Reach Out Today

For questions on the information provided above, reach out and talk to an AiRCare Clinician today.

**Phone:** 855-806-1028

**Email:** [CentraCare@aircarehealth.com](mailto:CentraCare@aircarehealth.com)