



Alcohol and Drug Education

How Much Is Too Much?

MODULE OVERVIEW

- REASONS PEOPLE USE ALCOHOL OR DRUGS
- ALCOHOL USE GUIDELINES
- DRUG USE GUIDELINES
- SUBSTANCE USE DISORDERS/ RELATED ISSUES
- WHEN TO GET URGENT HELP

People have very personal reasons for how and why they choose to use substances. Regardless of these differences, as use increases, many people find that they have less and less control over their use.



There's no "safe" level of alcohol use, but there are guidelines to help reduce drinking risks.



Because there are no standard doses for drugs, and they may be mixed with other substances, there are no "safe use" guidelines for cannabis and other psychoactive drugs.



Signs of substance use disorders may include issues like using more than planned, increased tolerance, and experiencing consequences like legal issues or relationship problems.



Since alcohol or drug overdoses can be fatal, it's crucial to know when to seek immediate medical help. People using substances that may contain opioids should keep Naloxone (e.g., Narcan®) available.



LEARN MORE:
www.veterantraining.va.gov/substances

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