

ALCOHOL ADDICTION

It's More Than Just a Drink.

It's a serious illness that affects the mind, body, and spirit. ♥

Alcohol addiction, also known as alcohol use disorder (AUD), is the inability to stop or control drinking despite the negative impact it has on your life.



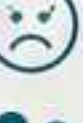
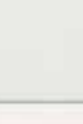
You are not weak.
You are not alone. Help is available.



Recovery is possible.

*Hope is real.
Your life matters.* ♥

SIGNS & SYMPTOMS

-  Drinking more or longer than planned
-  Strong cravings or urges to drink
-  Inability to cut down or stop drinking
-  Neglecting responsibilities at work, school, or home
-  Relationship problems caused by drinking
-  Continuing to drink despite negative consequences
-  Using alcohol to cope with stress, anxiety, or depression
-  Withdrawal symptoms when not drinking (shaking, sweating, nausea, anxiety, etc.)

THE IMPACT CAN AFFECT:

-  **Mental Health**
Anxiety, depression, memory problems, increased risk of suicide
-  **Physical Health**
Liver disease, high blood pressure, heart problems, weakened immune system
-  **Finances**
Overspending, debt, job loss
-  **Relationships**
Trust issues, conflict, isolation, divorce
-  **Work or School**
Poor performance, absences, job or school loss
-  **Overall Well-Being**
Loss of purpose, low self-esteem, poor quality of life

BREAKING THE CYCLE

- ♥ Admit there is a problem.
- ♥ Reach out for help.
- ♥ Avoid triggers and risky situations.
- ♥ Build a strong support system.
- ♥ Learn healthy coping skills.
- ♥ Create a plan for recovery.
- ♥ Take it one day, one step, one choice at a time.

You Deserve:

- ♥ Peace of mind
- ♥ Better health
- ♥ Stronger relationships
- ♥ A brighter future



WHY DO PEOPLE DRINK?

-  To cope with stress or emotions
-  Social pressure
-  Past trauma
-  Habit or boredom
-  To escape pain



There are healthier ways to cope.

RESOURCES & HELP

-  SAMHSA National Helpline
1-800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline
-  Alcoholics Anonymous (AA)
www.aa.org
-  SMART Recovery
www.smartrecovery.org

-  Talk to a Professional
A therapist or counselor can help you heal and create change.
-  Text or Call 988
988 Suicide & Crisis Lifeline
24/7 free and confidential support



Recovery is a journey. You don't have to do it alone.

HELP IS HERE. HEALING IS POSSIBLE. HOPE IS REAL. ♥

Asking for help is a sign of strength, not weakness. ♥



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