



CARES

Come sit with us!



BGSU Counseling Center

April 2017

April is Alcohol Awareness Month!

- ◆ Alcohol is the most commonly used addictive substance in the United States: 1 in every 12 adults suffer from alcohol abuse or dependence
- ◆ About 4 out of 5 college students drink alcohol. About half of college students who drink also consume alcohol through binge drinking
- ◆ 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries
- ◆ More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking
- ◆ 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol
- ◆ About 25 % of college students report academic consequences from drinking



Standard drink size

Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08. This typically occurs after 4 drinks for women and 5 drinks for men in about 2 hours. But how much is one drink?



12 fl oz of regular beer

1.5 fl oz of 80 proof liquor



5 fl oz of table wine



LIT, jungle juice, mixed drinks: **BEWARE!** Could be several drinks in one



Upcoming Events:

[April 21 GRIT Obstacle Course](#) from 11:00am-3:00pm in the clock tower lawn!

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

What can I do to reduce risk when drinking?

- ◆ Skip pre-gaming
- ◆ Set a drink limit and keep track
- ◆ Eat before and during drinking
- ◆ Do not mix alcohol with drugs
- ◆ Stay away from drinking games
- ◆ Take less money out to bars
- ◆ Sip, do not chug, your drinks
- ◆ Drink water/other drinks with alcohol
- ◆ Avoid shots of hard liquor
- ◆ Do not leave your drink unattended
- ◆ Beware of unfamiliar drinks
- ◆ Appoint a designated driver

