

Signs of Alcohol Use Disorder (AUD) include:

- being unable to control how much you drink
- being unable to control when you drink
- feeling compelled or having uncontrollable cravings to drink
- having a “tolerance” to alcohol so that you need to consume increasingly larger amounts of to achieve the same effects
- having to drink to feel “normal” or “good”
- storing alcohol in hidden places, such as at work, in your car, or in your house
- drinking alone or in secret
- irritability if you can’t drink when you want to
- continuing to drink despite negative consequences in your personal or professional life
- preferring to drink over engaging in other activities including spending time with friends and family
- experiencing blackouts

Alcohol use is associated with:

- anxiety and irritability
- sleep issues
- weakened immune system
- changes in sexual function
- weight gain
- memory and concentration
- relationship conflicts