

Prevention...What's the 4-1-1?

Alcohol Awareness Month “Help for Today. Hope for Tomorrow”

Founded and sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD), Alcohol Awareness Month is held every April to increase public awareness and understanding aimed at reducing the stigma that prevents individuals and families from seeking help.

In celebration of the month, Alcohol Free Weekend will be recognized April 5-7, 2013. This is the weekend, a time for various parties and other social events. *Drinks Mixer* is one of many websites that offers more than 700 non-alcoholic drink recipes for you and your guests to enjoy in honor of this awareness weekend and month. To view a listing of the recipes, visit <http://www.drinksmixer.com/cat/8/>.

National Alcohol Screening Day is an outreach, education, and screening program that raises awareness about alcohol misuse and refers individuals with alcohol problems for further treatment. This year the screening day will be held on April 11, 2013. The online campaign *How Do You Score?* is available for college students, military servicemen and their families, as well as other community members. To take the anonymous quiz, visit <http://www.howdoyouscore.org/>.



Start where you are. Use what you have. Do what you can. ~Arthur Ashe



Division of Mental Health
and Substance Abuse Services
Office of Prevention Services
www.mh.alabama.gov