

HOW MUCH IS TOO MUCH?

KNOW HIGH RISK DRINKING

PARTICIPATING IN DRINKING GAMES

CELEBRATORY DRINKING (21ST BIRTHDAY, THE BIG GAME)

PRE-PARTYING/PRE-LOADING

USING A FUNNEL, HOSE, TROUGH OR PUNCH BOWL

DRINKING TO GET DRUNK

DOING SHOTS AND CHUGGING

MIXING ALCOHOL WITH ANY DRUGS

NOT KNOWING WHAT OR HOW MUCH YOU ARE DRINKING

MIXING ALCOHOL WITH ENERGY DRINKS

WHAT YOU DON'T KNOW ABOUT ALCOHOL CAN HURT YOU!

CONCERNED ABOUT YOUR OWN OR A FRIEND'S DRINKING?

CALL 3236 OR 5605 TO TALK TO A PSYCHOLOGIST