

20% of college students struggle with alcohol use disorder.*

Problematic alcohol use can impact anyone at any age. It's important to ask yourself questions about your alcohol use to determine if it's impacting your health and wellness.

ASK YOURSELF:


- 1 Do you use alcohol to cope with stresses from classes, tests, work or when you are feeling down or sad?
- 2 Have you built up a high tolerance to alcohol (needing to drink increasing amounts of alcohol to achieve the desired effect)?
- 3 Do you feel you need alcohol to have fun/go out with friends/enjoy yourself?
- 4 Do you experience memory loss or blackouts when drinking?
- 5 Does alcohol interfere with your grades, attending classes, or other activities you normally enjoy?
- 6 Have you ever stolen alcohol or money to pay for alcohol?
- 7 Has alcohol ever negatively impacted your finances (i.e. spending most or all of your money on alcohol)?


* ["What Are the 5 Alcoholic Subtypes?" American Addiction Centers. Dec. 8, 2022](#)

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by drinking alcohol. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

 **CALL:**
(855) 581-8111

 **TEXT:**
(855) 895-8398

 **CHAT:**
YourLifelowa.org

ALCOHOL

Nationwide, young adults, including those slightly below or at the legal drinking age of 21, make up the majority of all individuals with an alcohol use disorder.*

POTENTIAL SIGNS OF ALCOHOL USE DISORDER:**

- 1 Needing to drink increasing amounts of alcohol to achieve the same desired effects
- 2 Experiencing withdrawal symptoms like nausea, shakiness, racing heart, sweating, etc.
- 3 Unsuccessful attempts to cut back or quit drinking
- 4 Spending increasing amounts of time drinking and giving up activities to drink
- 5 Often drinking more than intended
- 6 Continuing to drink even when it negatively impacts relationships, mental health, etc.
- 7 Drinking is impacting relationships with family and friends, school or work

BLOOD ALCOHOL CONTENT CALCULATOR

This tool can provide educational information about how your blood alcohol content can be impacted by alcohol consumption. It is not intended to indicate whether or not you should drive or engage in other activities after consuming alcohol.

[BAC Calculator](#)

* ["What Are the 5 Alcoholic Subtypes?" American Addiction Centers. Dec. 8, 2022](#)


** ["Alcohol Use Disorder: A Comparison Between DSM-IV and DSM-5" National Institute on Alcohol Abuse and Alcoholism. April 2021.](#)


YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about alcohol use. You can call, text or chat online with us 24/7 - and it's free.

We walk beside you so you're never alone.

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