

NOVEMBER 2019

The Buzz

ON RESPONSIBLE DRINKING



THE NEW OFFICIAL DOD RESPONSIBLE DRINKING CAMPAIGN IS HERE!

Encourage Service members to visit ownyourlimits.org to learn more about the campaign, find information on responsible drinking and access resources to help them own their limit, if they choose to drink alcohol.

Check out the following resources on the Own Your Limits website:

- [Bulk order materials](#): Order print and promotional products to support your local responsible drinking efforts.
- [Resources for professionals](#): Find downloadable resources like posters and fact sheets.

Share this information about the Own Your Limits campaign with Service members:

- ["What does responsible drinking mean to me?"](#) Service members can learn why others choose to drink responsibly and share their thoughts too.
- [Check Your Drinking](#) webpage with interactive tools and an anonymous quiz.
- [Tips on how to celebrate responsibly](#) this holiday season.

What's the link between alcohol misuse and suicide?

Alcohol misuse and suicide can have an unfortunate close relationship. Alcohol misuse is a risk factor for suicide, meaning two things: misusing alcohol is linked to increased suicidal thoughts, and individuals with suicidal thoughts often turn to alcohol to cope.

Important note: Alcohol use or misuse does not cause suicide.

No one factor causes suicide. Rather, hardships and stressors such as untreated psychological health concerns, a recent return from deployment, financial problems, career setbacks and/or strained relationships could contribute to suicide. Service members may deal with these struggles by turning to alcohol, putting themselves at risk.

While increasing alcohol misuse is a risk factor, it is also a warning sign.

With the holiday season upon us, feelings of sadness and loneliness may increase. If Service members are misusing alcohol, now is the perfect time for them to [get help](#). Remind them that seeking help for life's challenges is a sign of strength and can help reduce their risk of suicide.

If Service members are in a crisis, encourage them to call the Military Crisis Line, 800-273-8255 (PRESS 1), or text a message to 838255. They can also start a confidential [online chat](#) session.

OWN YOUR
LIMITS

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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