

Taking Control of Alcohol Use



How much is too much?

This course is for anyone who is trying to control, cut down, or stop drinking. The course is also for the spouse, partner, child, sibling, co-worker, or employer of someone with a drinking problem... because there are many ways that concerned others can help.

Course Contents

- The impact of alcohol on health, finances, family, and career.
- How to say “no” and cope with the urge to drink.
- Your drinking ‘triggers’ and how to reduce the risk that they present.
- Relapse prevention.
- Is moderation an option for you?
- How to help someone with a drinking problem.

Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).

**ENROLL
NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at www.homewoodhealth.com.