



This Fact Sheet is a compilation of trustworthy resources to support your learning about Alcohol.



### ALCOHOL RESOURCES

Many of us use alcohol and struggle to reduce or stop our use. Changing our relationship with alcohol is not about willpower or good intentions. Alcohol Use Disorder is (AUD) a medical condition with many treatment options.

Alcohol Use Disorder (AUD) is a health condition that can cause intense cravings, a compulsion to drink and a lack of control - even if that means negative consequences such as losing personal, family and work connections.

**Stopping alcohol suddenly without medical support can be life threatening**

Health Effects of Alcohol	
<a href="#">Alcohol Related Health Risks</a> (page 27)	<a href="#">Canadian Drug Summary: Alcohol</a> (CCSA)
<a href="#">Alcohol and the Immune System</a>	<a href="#">What Older Adult Need to Know</a> (CCSMH)
	<a href="#">Drinking Less is Better</a> (CCSA)
Help is Available	
<a href="#">Knowing Your Limits: Practical Guide to Assessing Your Drinking</a>	<a href="#">Safer Drinking</a> (Here to Help)
<a href="#">Outpatient Withdrawal Management Services</a>	<a href="#">AUD Patient Video</a> (IH) (2mins)
<a href="#">Home Detox Resource</a> (coming soon)	<a href="#">Supporting People with Alcohol Dependency</a>
<a href="#">Best Apps to Stop Drinking Alcohol</a>	<a href="#">Medications for AUD: Did you know?</a> (CAUDS)
<a href="#">SMART Recovery: Self-Management and Recovery</a>	<a href="#">What is Alcohol Use Disorder?</a> (CAUDS)
<a href="#">AUD Help is Available</a> (IH)	<a href="#">AUD Medication Guide</a> (IH)
Alcohol and Youth	
<a href="#">Post-secondary Student Suggestions to Reduce Heavy Episodic Drinking</a>	
<a href="#">Alcohol and Drug Use in Young People</a>	<a href="#">Here to Help: Hosting a Teen Party</a>
<a href="#">The Foundry: Alcohol Resources for Youth</a>	<a href="#">Learning About Alcohol Use in Teens</a> (Alberta Health)
<a href="#">Resources for Families affected by Substance Use</a>	<a href="#">Acute Alcohol Intoxication in Your Teen: Care Instructions</a>
<a href="#">Apps &amp; tools to help reduce your risk of harm, cut down or stop drinking alcohol</a>	
For Service Providers	
<a href="#">Clinical Care Guidelines for Alcohol Use Disorder</a> (BCCSU)	<a href="#">Canadian Alcohol Use Disorder Society</a>
<a href="#">Canada's Guidance on Alcohol and Health</a> (CCSA)	<a href="#">Mental Health and Substance Use Services</a> (IH)
<a href="#">Alcohol Use Disorder Screening</a>	<a href="#">Mental Health and Substance Use Services</a> (FNHA)
<a href="#">Local Government Alcohol Toolkit</a> (IH)	<a href="#">Alcohol Use: Risk Mitigation Strategies</a> (FNHA)
<a href="#">Addiction Care and Treatment Online Course</a> (UBC CPD)	<a href="#">BC Alcohol and Other Drug Monitoring Project</a>
<a href="#">Video: A New Approach to AUD</a> (24mins)	
<a href="#">Video: AUD Education Session for Care Providers</a> (20mins)	
<a href="#">Video: New Advances in Treatment of AUD</a> (13mins)	

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Thank you to the Canadian Alcohol Use Disorder Society ([cauds.org](http://cauds.org)) and their founder, Dr. Jeff Harries, for their important contribution to this work in Interior Health and in the field of Alcohol Use Disorder treatment.