



WHAT'S A STANDARD DRINK?

12 OZ BOTTLE OF REGULAR BEER (5% ALCOHOL) = **5 OZ GLASS OF WINE (12% ALCOHOL)** = **3 OZ GLASS OF FORTIFIED WINE, SUCH AS SHERRY OR PORT (18% ALCOHOL)** = **1.5 OZ LIQUOR, SUCH AS RUM, RYE OR VODKA (40% ALCOHOL)**

BEER (12 OZ)
WINE (5 OZ)
LIQUOR (1.5 OZ)

Note: some beers and coolers have more alcohol than one standard drink.

WHAT'S MORE THAN A STANDARD DRINK?

A PINT OF DRAUGHT BEER **A COOLER** **A COCKTAIL, SUCH AS A MARTINI OR BELLINI** **A RED SOLO CUP FILLED TO THE TOP** **A CUP OF JUNGLE JUICE** **A BIG GULP CUP**

1. How often do you have a drink containing alcohol?
 - Never
 - Monthly or less
 - 2 to 4 times a month
 - 2 to 3 times a week
 - 4 or more times a week
2. How many drinks containing alcohol do you have on a typical day/night of drinking?
 - 1 or 2 drinks
 - 3 or 4 drinks
 - 5 or 6 drinks
 - 7 to 9 drinks
 - 10 or more drinks
3. How often do you have 5 or more drinks on one occasion?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

National Resources

- National Institute on Alcohol Abuse and Alcoholism: <https://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFactSheet.pdf>
- SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Local Resources

- Avance Counseling: http://www.avancecounseling.com/substance_abuse_program
4765 N. Lincoln Avenue, Suite 203 and 204, Chicago, IL 60625
773-293-1770
- Lutheran Social Services of Illinois: www.lssi.org/behavioral-health/alcohol-drug-treatment.php
5517 North Kenmore Avenue, Chicago, IL 60640
833.610.LSSI (5774)
- Howard Brown Health Center: <https://howardbrown.org/counseling/substance-abuse/>
4025 North Sheridan Road, Chicago, IL 60613
Main Tel: 773-388-8891
Intake Tel 2: 773-388-1600
- North Park Covenant Church: offers AA meetings on the 4th Sunday of month at 7:00 pm at North Park Friendship Center (5250 N Christiana Avenue in Chicago)