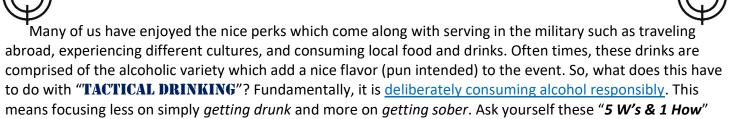
$T \times A \times C \times T \times I \times C \times A \times L \times D \times R \times I \times N \times K \times I \times N \times G$



- ***Who** am I drinking with? (Friends, family, co-workers, strangers at a bar, etc.)
- ***What** am I drinking? (*Type, amount, and percentage of alcohol*)
- ***When** am I drinking? (*Night time, day time, lunch time, etc.*)

as part of pre-gaming a fun night out:

- ***Where** am I drinking? (At home, at a club, at a promotion ceremony, etc.)
- ***Why** am I drinking? (Do you have to drink or do you want to drink?
- ***How** will my drinking tonight stop me from getting things done tomorrow? (*Plan ahead!*)

Along these lines, the month of **April** is **National Alcohol Awareness Month** with **April 7th** being **National Alcohol Screening Day**. According to the *Substance Abuse and Mental Health Services Administration* (SAMHSA), "the misuse and abuse of alcohol, tobacco, illicit drugs, and prescription medications affect the health and well-being of millions of Americans. Overall, 19.3 million people aged 18 or older had a substance use disorder in the past year (2020 National Survey on Drug Use and Health)." So, remember **TACTICAL DRINKING** the next time you go out to enjoy a few drinks and avoid becoming another statistic!



For additional information contact:

25th Intelligence Squadron | Airman Resilience Team | Hurlburt Field, FL Comm: (850) 884-1348 | DSN: (312) 579-1348 | Monday-Friday | 0800-1600

Photo Credit: https://www.samhsa.gov/sites/default/files/alcohol-use-facts-resources-fact-sheet.pdf