

Alcohol Awareness Month

Alcohol awareness month is a time to learn about the risks of alcohol misuse and its impact on individuals and communities. Whether it's recognizing signs of drinking too much, preventing underage drinking, or knowing where to find support, resources are available.

Prevention Starts Young

Though these conversations may be uncomfortable, creating a safe environment for children to ask questions and be honest about their alcohol use is an important step in spreading awareness and preventing underage drinking. When parents talk with their children early and often about alcohol and other drugs, they can prevent their children from engaging in high-risk behaviors that have long-term consequences.

What are the Numbers?

- More than 178,000 individuals (of all ages) in the United States died per year from excessive alcohol use during 2020 to 2021, making it a leading preventable cause of death in the United States.
- In 2023, there were 1,392 deaths in ages under 21 from motor vehicle crashes involving an alcohol-impaired driver.
- Children as young as nine years old already start viewing alcohol in a more positive way.
- About 10 percent of 12-year-olds say they have tried alcohol.
 - By age 15, that number jumps to 50 percent.
 - By the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, and more than 20 percent will have used a prescription drug for a nonmedical purpose.

Resources

- For help starting the conversations and finding resources to help youth: [samhsa.gov/talk-they-hear-you](https://www.samhsa.gov/talk-they-hear-you)
 - SAMHSA's "Talk. They Hear You." Underage Drinking Campaign provides a free app to guide you in conversations with youth through practice scenarios, trainings, and more.
- To locate resources for treatment and recovery support: [samhsa.gov/find-help](https://www.samhsa.gov/find-help)
 - Provides phone numbers for crisis and help lines, links to treatment locators, and screening tools to help identify where further help may be needed.

