



The truth is... it can be hard to tell the truth about drinking



Questions from the leading screening tool developed by the World Health Organization

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|---|-------------|-----------------|---------------------------|---------------------------|---------------------------|
| How often do you have a drink containing alcohol? | Never | Monthly or less | Two to four times a month | Two to three times a week | Four or more times a week |
| How many drinks do you have on a typical day when you are drinking? | Zero to two | Three or four | Five or six | Seven to nine | Ten or more |

Box Now provides peer support to people wondering about their alcohol use

Given that Alcohol Use Disorder (AUD) is often seen as a character flaw, personal shame and public stigma make honest conversations about alcohol use difficult

- In fact, the American Medical Association defines AUD as a “primary, chronic disease”
- Drinking is all around us: excessive alcohol use affects almost a third of adults
- It is the third leading preventable cause of death in North Carolina
- Yet only 8% of adults receive treatment, often because they feel they should be “strong enough to handle it on their own”

Let’s Talk

Box Now offers free, confidential one-on-one conversations with people in recovery to share experiences, lessons-learned and perspectives. We know what it’s like. Let us share things we wish we had known earlier. Your perspectives will help us help others.



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Box Now

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