College Drinking

How much is too much??

There is a big difference between using alcohol in moderation and becoming dependent on alcohol. It is important to understand the role alcohol can play in your life-including its effect on your health, well-being, relationships and academics.

Alcohol use: Drinking on occasion and in moderation.

Alcohol abuse: A pattern of heavy drinking and/or binge drinking.

Alcohol dependence: Having a strong urge to drink, having a physical dependency on drinking, and not being able to stop drinking after one drink.

We care about your health and wellbeing!
Facts to Consider:

- In a SAMHSA study of full-time college students, 60.3 percent were current drinkers, 40.1 percent were binge drinkers, and 14.4 percent were heavy drinkers (SAMHSA, 2012).
- About half of all fatal traffic crashes among 18-24 year olds involve alcohol (The CORE Institute, 2011).
- More than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).
- About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996).

Take Charge

For yourself: Know how much you are drinking. Make sure you have a designated driver. Seek help if alcohol starts to control your life.

For a friend: Show your concern. Let them know how their drinking affects you and others. Help them to seek resources.

Get Connected

Wellness Center ................................................................. PH- (808) 845-9180
Alcoholics Anonymous(AA) .............................................. PH- (808) 946-1438
CARE Hawaii, Inc. .......................................................... PH- (808) 533-3936
Hina Mauka ................................................................. PH- (808) 236-2600
Salvation Army ............................................................. PH- (808) 595-6371

To take an alcohol screening visit: http://screening.mentalhealthscreening.org/honolulu

Wellness Center
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www.honolulu.hawaii.edu/wellnesscenter

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