

# Canada Has a Drinking Problem.

It's not *JUST* water. It's alcohol. And the misuse of alcohol. Misuse doesn't mean falling down drunk.

It means stepping over the line at which responsible decisions can still be made – a line that can be astonishingly individual.

So what's the answer?

That we *ALL* share the responsibility, for ourselves and for each other.

As hosts we must ensure our guests don't misuse alcohol.

As employers we must be aware of alcohol problems amongst our employees.

Our children must know that the misuse of alcohol is not acceptable. And none of us should ever encourage excessive drinking.

In the months ahead we'll be talking more about alcohol problems and what we can do to help. Because the more we all know about the problem, the more we can all be part of the solution.

*If you think your use of alcohol may be causing problems in your life, please help yourself and those close to you today by visiting our website, calling our toll free number or reaching out within your community by calling your local addiction treatment center.*

*In Ontario, call DART (the Drug and Alcohol Registry of Treatment) at: 1-800-565-8603.*

Toll free 1-800-463-6273

Toronto (416)595-6111 / [www.thereishelp.org](http://www.thereishelp.org)



Centre  
for Addiction and  
Mental Health  
Centre  
de toxicomanie et  
santé mentale

alcohol problems

There is help. There is hope.

*The Centre for Addiction and Mental Health is an amalgamation of the Addiction Research Foundation, the Clarke Institute of Psychiatry, the Donwood Institute and the Queen Street Mental Health Centre and is affiliated with the University of Toronto. To make a gift to support our work, please call (416) 979 6909.*

*This is the second in a continuing series of vital public education messages about addiction and mental health.*

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