

April 2024



Newton Coalition
for Community Wellness
Addressing Substance Use with Care,
Compassion and Connection

A MESSAGE FROM NEWTON CCW

April is Alcohol Awareness Month.

We take this time to raise awareness and understanding of alcohol abuse. According to the National Institute on Alcohol Abuse and Alcoholism (NIAA), in the United States alone, more than 175,000 people die each year from alcohol misuse, making it one of the leading preventable causes of death in the United States. Alcohol misuse includes heavy drinking and binge drinking, and increases your risk of harmful health outcomes, including developing alcohol use disorder (AUD).

This month challenges us to raise awareness of alcohol abuse by reflecting on our personal relationships with alcohol.

Take on the Alcohol Awareness Month Challenge:

Choose an Alcohol-Free weekend during the month of April. The goal is to abstain from drinking Friday-Monday, and check-in on how you feel physically and mentally during and after the challenge.

If you believe that you or someone you love is struggling with an alcohol use disorder, don't wait to get the support and treatment needed. Find local resources through the [City's Substance Use Resources](#) page or visit www.findtreatment.gov.