

Other ways to raise awareness about chronic stress and/or alcohol use at your company during the month of April:

- Put up flyers encouraging patients, colleagues and guests to make an appointment with their primary care physician or, for colleagues and their families, your local Employee Assistance Program (EAP), if they have persistent symptoms of stress or are struggling with substance dependence.
- Provide promotional items featuring information about your EAP at any events your company is sponsoring this month.
- Offer seminars or lunch and learn events at your location that address chronic stress or substance dependence and what can be done to help make a difference.
- Host a “relaxation session” on your campus, which includes teaching techniques to reduce stress.
- Host an alcohol-free community block party on your campus to show how much fun can be had without drinking. Invite local restaurants and a local radio station to provide free food and music.
- On April 9, National Alcohol Screening Day, offer free or discounted screenings for alcohol abuse.
- Partner with your local police station and host a Family Information Night. Share free information on preventing alcohol abuse and provide demonstrations, such as using drinking goggles to see what it’s like to be impaired.
- Post information on bulletin boards at local community centers, places of worship, the library, and post office.

Alcohol abuse information adapted from the Substance Abuse and Mental Health Services Administration. Contact the Substance Abuse and Mental Health Services Administration (<http://samhsa.gov/>) at ncadi-info@samhsa.hhs.gov for more information and materials.