Alcohol is the most commonly used addictive substance in the United States. An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. Short-term effects can occur depending on how much a person drinks, while binge drinking (5 or more alcoholic drinks for males and 4 or more alcoholic drinks for females) and continued alcohol use in large amounts are associated with many long-term effects of alcohol consumption. A drink of alcohol is defined as drinking 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.

**LOCAL RESOURCES FOR HELP**

AA is anonymous, free, requires no paperwork and you can go today!
For Mercer, McDowell, and Summers County meetings visit [https://www.aawv.org/district-10](https://www.aawv.org/district-10)
For Fayette and Raleigh County meetings visit [https://www.aawv.org/district-3](https://www.aawv.org/district-3)
The 24/7 HOT LINE for all meetings in WV is 800-333-5051.

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