



Healthy People, Healthy Communities™

Mendocino County Health and Human Services Agency

Mental Health ♦ Community Health ♦ Social Services

Press Release

April is National Alcohol Awareness Month

To recognize the serious problem of alcohol abuse, April is designated “National Alcohol Awareness Month.”

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be: college students who binge drink at local bars; pregnant women who drink and put their babies at risk for fetal alcohol syndrome; professionals who drink after a long day of work or senior citizens who drink out of loneliness.

According to Stacey Cryer, Mendocino County Health and Human Services Assistant Director, “Community Health Services has a long history of providing exemplary drug and alcohol prevention programs throughout Mendocino County. Our Prevention and Planning Unit is dedicated to providing services that positively affect public health and the public safety of our communities.” If you are interested in finding out more about local alcohol and other drug programs, call 707-472-2611.

If you suspect you might have a drinking problem, or you know someone who abuses alcohol, please contact the Substance Abuse & Mental Health Services Administration’s Health Information Network @: 1-877-726-4727. Information is offered in English and Spanish.

A reminder from Mendocino County Health and Human Services Agency’s Community Health Branch, Prevention and Planning Unit.

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