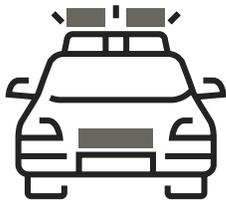


Concerned about your alcohol use?

Speaking up and asking for help with alcohol use concerns is a sign of strength.



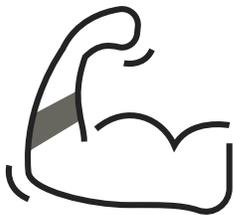
AVOID DAMAGING YOUR CAREER

Discuss alcohol use concerns before you get an alcohol-related incident or DUI charge.



KEEP YOUR RELATIONSHIPS STRONG

If alcohol is impacting you, speak up early.



MAINTAIN READINESS

The DoD and your Service branch have resources to keep you on-duty and mission ready.

Learn more about responsible drinking
and how to get help.

ownyourlimits.org/get-help

**OWN YOUR
LIMITS**

SERVE HONORABLY. DRINK RESPONSIBLY.

Contact Us: dha.ncr.comm.mbx.drink-responsibly@mail.mil

