

Community resources

While alcoholism is a serious issue, you're not alone. Help is available through your local Community Services Board and non-profit organizations. With just one call you can get back on the right path, armed with information and access to resources to help on the road to recovery.

Virginia

Chesapeake	757-547-9334
Eastern Shore	757-442-3636
Franklin	757-758-5106
Hampton	757-788-0300
James City	757-220-3200
Newport News	757-788-0300
Norfolk	757-664-6670
Poquoson	757-220-3200
Portsmouth	757-393-5357
Smithfield	757-758-5106
Suffolk	757-758-5106
Virginia Beach	757-385-0511
Williamsburg	757-220-3200
Yorktown	757-220-3200

North Carolina:

To obtain a listing of local agencies and resources offered in your local city please call **2-1-1** or **888-892-1162** for more information.



Sentara Norfolk General Hospital

Guide to alcohol prevention



Alcohol related event prevention

At Sentara, our mission is to improve health every day. In addition to providing quality care, that means we also have a responsibility to help educate our patients and community about things they can do to be their own healthcare advocates.

Alcohol is a major contributor to many of the trauma accidents we see here at Sentara Norfolk General Hospital's Trauma department. But it doesn't have to be. Here is some information to help you be more aware and informed. Information is power – and knowledge can save lives.

What is alcohol?

Alcohol is a powerful depressant drug that slows down thinking and reaction time. It rapidly enters the bloodstream and once it reaches the brain it knocks out the control centers, causing intoxication.



You may have a drinking problem if you:

- Feel guilty or ashamed about your drinking.
- Lie to others or hide your drinking habits.
- Have friends or family members who are worried about your drinking.
- Need to drink in order to relax or feel better.
- "Black out" or forget what you did while you were drinking.
- Regularly drink more than you intended to.

When use becomes abuse

Alcohol abuse is when your drinking leads to problems. Most likely it will have a negative impact on your work, health, legal, education, and/or social life.

Complications from excessive drinking are:

- Delayed reflexes
- "DT's" - the shakes, tremors
- Brain damage
- Cancer of the mouth, esophagus, stomach
- Heart, liver & nerve damage
- Ulcers and gastritis
- Sleeping problems (insomnia)
- High blood pressure
- Depression and suicide
- Dementia and memory loss
- Changes in menstrual cycle (period)
- Poor nutrition

What is alcoholism?

Alcoholism is a physical addiction to alcohol and despite having problems with your physical health, mental health, social, family or job responsibilities, you continue to drink.

Alcohol abuse and alcoholism can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back. You should also be sure to seek immediate medical attention if you or someone close to you develops severe confusion, seizures, or bleeding.

Understanding the problem is the first step to overcoming it.

To learn more, visit sentara.com