

# April 2008

## April is Alcohol Awareness Month

### Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?

April 7th is National Alcohol Screening Day: IF you suspect that you might have a drinking problem, or you know someone who abuses alcohol, please contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 or find a screening site near you.

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## World Health Day: April 7th, 2008

### Goals of World Health Day 2008



- Raise awareness and public understanding of the global and locally relevant health consequences of climate change.
- Advocate for interdisciplinary partnerships from the local to international level that seek to improve health through rapid deployment of mitigation strategies to stabilize climate change and development of proactive adaptation programs to minimize health impacts.
- Generate effective actions by local communities, organizations, health systems and governments to reduce the impact of climate change on health through urgent application of mitigation and adaptation techniques.

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## April is Counseling Awareness Month

Life is difficult. No doubt about it. There are lots of situations that can cause emotional stress: family, divorce, alcohol, raising children, serious illness, job stress. Real life situations that real folks just like you have to deal with. April is Counseling Awareness Month, so it could be a good time to seek help on tips to cope with your stress. For more information on counseling, please call StarEAP at **866-378-1645** or visit them on the web at [www.corphealtheap.com](http://www.corphealtheap.com) (Username: stareap; Password: stareap).

Go to [www.corphealth.com/arwellness](http://www.corphealth.com/arwellness) to enroll in Wellness programs today!  
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