



Feeling Blue?

**Alcohol consumption increases
during the holiday season.**



Alcohol is a depressant. Remember:

- **Keep tabs on how much you're drinking**
- **You don't have to accept every invitation**
- **Get plenty of rest and recovery**
- **Check on friends and family with substance abuse disorders**

**If you need help or someone
to talk to, call your doctor or
1-888-NYC-WELL, Open 24/7**