Recognize when alcohol use is a problem.

- Often students who experience harm from their alcohol or other drug use don’t think it’s a big deal as long as their grades aren’t impacted. They don’t consider consequences like vomiting, tolerance, withdrawal, or blacking out “real problems.”

- But consider this: if you weren’t in college and you saw someone drink or use with the same consequences, you would probably identify that as a problem.

- If you’re concerned about your usage, you deserve support.

- Consider making a BASICS appointment at Cornell Health or taking a free online assessment at health.cornell.edu to learn more about you usage.

Learn more at health.cornell.edu.