Alcohol Awareness

What is alcoholism?

It is a disease that includes symptoms:

- Craving: a strong need, or compulsion, to drink
- Loss of control: the inability to limit one’s drink on any given occasion
- Physical dependence: withdrawal symptoms such as nausea, sweating, shakiness and anxiety, occur when alcohol is stopped after a period of heavy drinking
- Tolerance: the need to drink greater amounts of alcohol in order to “get high”

How does alcohol affect my body?

- Memory problems
- Organs, especially the liver and heart
- There is no safe level for pregnant women
- Calories intake

Quick Facts

- A glass of beer, wine, or mixed drink all have about the same amount of alcohol.
- Just one drink can affect a persons ability to think and drive safely
- More than 100,000 people die each year as a result of alcohol use
- Drunk driving is the number one killer for teens and young adults.

Sign you or someone you know may have a drinking problem

- Drinking alone, hiding bottles, lie about or try to hide drinking habits
- Drinking to calm your nerves, forget your worries, or reduce depression
- Frequently have more than one drink a day
- Hurt yourself, or someone else, while drinking
- Feel irritable, resentful, or unreasonable when not drinking
- Have a medical, social, or financial worries caused by drinking

Who to Call for Help

UNT Substance Abuse Resource Center
940/565.2787
UNT Dean of Students Office
940/565.2648
UNT Counseling Center
940/565.2741
UNT Police Department
940/565.3000
Denton Police Department
940/349.8181
Addiction Hotline Resource Center
877/235.0400

Legal Consequences for Driving While Intoxicated:

The legal limit for one’s blood alcohol concentration (BAC) is .08 in Texas. Instead of a suspended license, you may be allowed to drive if you install and keep an interlock device on your car for at least one year. By knowing the legal consequences, you can avoid alcohol related problems.

**First Offense**
- Up to $2,000 fine
- 72 hours to 180 days in jail
- Suspended driver’s license from 90 days to a year

**Second Offense**
- Up to a $4,000 fine
- 72 hours to one year in jail
- Suspended driver’s license from 180 days to two years

**Third Offense**
- Up to a $10,000 fine
- Two to 10 years in penitentiary
- Suspended driver’s license from 180 days to two years

Should UNT learn of a student arrested for a DWI, separate action will be taken through the Center for Student Rights and Responsibilities as a violation to the Code of Student Conduct.