



**Helpful Resources**

**Canadian Centre for Substance Use and Addiction (CCSA) - Alcohol**

[COVID 19, Alcohol and Cannabis Use \(Infographic\)](#)

[Canada’s Low-Risk Alcohol Drinking Guidelines \(Brochure\)](#)

[Alcohol and Low-Risk Drinking Quiz](#)

[Know Your Limits with Alcohol – A Practical Guide to Assessing Your Drinking](#)

---

**DrugSafe.ca/alcohol (AHS)**

[Alcohol – Know Your Limits](#)

[Alcohol – Tips for Safer Use](#)

[Alcohol – Health Effects](#)

[Alcohol Poisoning \(Overdose\)](#)

*For specific age groups:*

[Alcohol – Youth \(Gr 7-12\)](#)

[Alcohol – Under 25 years](#)

[Click for More DrugSafe Alcohol Resources](#)

---

**Alcohol and Health Series (AHS)**

[Low Risk Drinking Guidelines \(including What is a Standard Drink\)](#)

[Alcohol and the Human Body: Short-term Effects](#)

[Alcohol and Sleep](#)

[Alcohol Combinations](#)

(alcohol and - caffeine, cannabis, gambling, medications, opioids, tobacco and other drugs)

[Alcohol and Mental Illness](#)

[Cancer and Other Chronic Disease](#)

*For specific age groups:*

[Talk to Your Children About Alcohol \(in brief\)](#)

[Alcohol and Adolescents \(in brief\)](#)

[Alcohol and Seniors](#)

[Click for more titles in the Alcohol and Health series](#)

---

**MyHealthAlberta.ca**

[Topic Overview on Alcohol Use, Health Effects and Alcohol Use Disorder](#)

[Alcohol Problems – How to Stop Drinking](#)

[When Someone in Your Home Misuses Alcohol](#)

---

**Living Healthy – HealthierTogether.ca (AHS)**

[Drink Less Alcohol](#)

---

**Teachers and Schools**

**Addiction & Mental Health (AHS)**

[Lesson Plans for Teachers and Schools \(updated 2019\)](#)

[Prevention Strategies](#)

---

**Addiction Helpline**

**1-866-332-2322**

Telephone advice and service referral for adults and youth requiring addiction services. The Addiction Helpline operates 24 hours a day, seven days a week and is available to all Albertans.

