Lower-Risk Libating [1]

Week of:
Oct 17, 2014

How much alcohol a day? [2]

Alice,

How much alcohol is too much to consume per day?

? Boundaries

Read more [2]

Hangover helper and tips for healthy drinking [3]

Dear Alice,

Do you have any tips for avoiding hangovers?

? Hungover

Read more [3]

Alcohol poisoning [4]

Dear Alice,

There seems to be no advice or information on the subject of alcohol poisoning that I can find on your web site. Recently I had a very bad experience that I think must have involved alcohol poisoning, and would like to have some information on the causes and signs of alcohol poisoning. Does beer before liquor have anything to do with it?

Sincerely,
Traumatized drinker

Read more [4]
Trouble controlling my drinking [5]

Dear Alice,

I have just realized that I am not able to handle alcohol. Whenever I go to a bar or a club, I drink to excess. I do not have any urge to drink. However, when I am in a club or a bar, the same thing happens: I drink too much! This is making me think that I am an alcoholic. My question is: Where can I go for help here at Columbia? Thanks.

?Binger

Read more [5]


Alice,

I get stressed out with everyday life and find drinking a great stress release, but I am finding that I drink more and more every week and my stress levels never really decrease. Does that signify a problem? Any suggestions?

Thanks!

Read more [6]

Footer menu

Contact Alice!
  ◦ Content Use
  ◦ Media Inquiries
  ◦ Comments & Corrections

Syndication & Licensing
  ◦ Licensing Q&As
  ◦ Get Alice! on Your Website
  ◦ Full Site Syndication
  ◦ Link to Go Ask Alice!

Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/node/24376#comment-0

Links