

## HOUSATONIC COMMUNITY COLLEGE

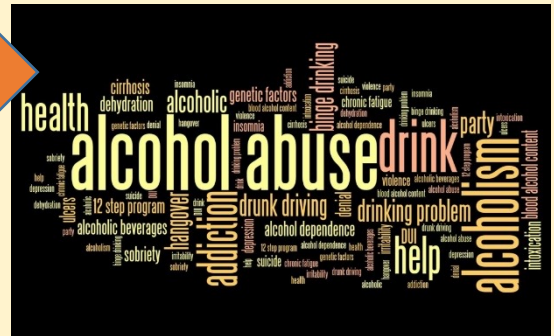
### “MENTAL HEALTH IN A MINUTE ”



### Did you know?

**Alcohol effects men and women differently.** Although men are more likely to drink alcohol and consume larger amounts, biological differences in body structure and chemistry lead most women to absorb more alcohol and take longer to metabolize it. After drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the immediate effects of alcohol usually occur more quickly and last longer in women than men. These differences make women more susceptible to the long-term negative health effects of alcohol compared with men.

*cdc.gov*



### GET HELP IN CT!

If you or someone you know is struggling with alcohol abuse...

**Call 211 or**

**DMHAS**

**1-800-563-4086, 24/7**

**YOU CAN ALSO SEE AN HCC**

**COUNSELOR**

**203-332-5285**