

Mecklenburg county and regional services:

If you suspect you may have a substance abuse problem, the best place to start is with your primary care physician.

Primary Care Facilities in Mecklenburg County

Sliding fee scales/Free clinics

NorthPark.....704/921-6100

Biddle Point.....704/350-1085

Metrolina Comprehensive Health Center.....704/ 393-7720

Charlotte Community Health Clinic.....704/316-6561

Charlotte Volunteers in Medicine.....704/350-1300

Private Insurance

Contact your local primary care physician

If you believe you have a substance abuse problem, there are many local resources which can help.

Support Groups

Alcoholics Anonymous..... 704/332-4387

Al-Anon.....704/333-9523

Assessment and Treatment Services(outpatient)

BHC-Mercy Horizon.....704/379-5248 (insurance, medicare, medicaid)

Chemical Dependency Center.....704/376-7447 (sliding fee scale)

McLeod Addictive Disease Center.....704/332-9001 (

Substance Abuse Services Center.....704/336-3067

If you are ready to make a change and unsure where to go, or if you live outside of Mecklenburg County, the call center can assist you with a referral.

Assessment and Referral line

Behavioral Health Call Center.....704/444-2400

Information about substance abuse.....704/375-DRUG

Alcohol



How much is too much?

Sometimes Even One Drink is Too Much.

If you are:

- Driving or Planning to Drive
- At Work or Returning to Work
- Pregnant or Breast Feeding
- On Medication
- Have Certain Medical Conditions

Alcohol and Injury

In addition to a strong relationship between alcohol and motor vehicle accidents, alcohol can be involved in many other injuries such as:

- Falls
- Drownings
- Assaults
- Domestic Violence
- Burns
- Pedestrian Injuries
- Work Injuries
- Sports Injuries

Health Effects of Alcohol

Heavy drinkers may experience long-term health effects including:

- Damage to the liver, pancreas, brain and heart, and increased risk for many cancers.
- Birth defects have also been associated with drinking during pregnancy.

How Much Do People Drink?

- 40% Do not drink
- 35% Drink a moderate amount and are at low risk for alcohol problems
- 20% At risk drinkers or problem drinkers
- 5% Dependent drinkers

Source: National Longitudinal Alcohol Epidemiologic Survey, 1992

What is a standard drink?

A standard drink is...



Each of these drinks contains about 1/2 oz. of pure alcohol.

How much is too much?

	Drinks per Week	Drinks per Occasion
Men	14	4
Women	7	3
Age 65+	7	3

If you drink more than this, you can put yourself at risk for illness and/or injury.