

Binge Drinking



wmmhc.org/prevention-services

What is Binge Drinking?

Binge drinking is a potentially dangerous pattern of ingesting large quantities of alcohol over a short period of time.⁷ Binge drinking is defined as the consumption of 5 or more alcoholic drinks on the same occasion for males and 4 or more alcoholic drinks on the same occasion for females.⁶ Binge drinking does not necessarily mean a person is an alcoholic or has Alcohol Use Disorder (AUD).⁸ However, binge drinking may increase a person’s risk of developing AUD at some time in their life.⁸

Warning signs of Binge Drinking?

How can you tell if someone you care about may be binge drinking? It may not be easy to tell, but signs of binge drinking may include:

- School problems: poor attendance, low grades, and/or recent disciplinary action.⁹
- Switching friends, along with a reluctance to have you get to know the new friends.⁹
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.⁹
- Living or socializing in a drinking culture such as at some colleges or in families with heavy drinkers.¹⁰
- Experiencing trauma(s), depression or anxiety.¹⁰

How you can help.

These tips are for caregivers, friends, and community members who are concerned someone they know may be binge drinking and does not understand the risks.¹⁻⁵

- Check in often to see how they are doing.
- Choose relaxed times to talk, such as in the car, during dinner, or while watching TV.
- Let them know you care and are always there for them.
- Be clear and consistent about your expectations regarding binge drinking.
- Make an agreement to spend time together doing social and extracurricular activities.
- Help them create a plan to limit the amount of alcohol consumed or create an “exit” plan in case they are offered or are faced with a difficult decision about alcohol.

Western Montana Prevention Specialists

WMMHC Prevention Services teaches Montanan's skills for resisting social pressure, impact drug-related attitudes and norms, and promote personal responsibility. We offer substance use prevention programs for individuals or groups that can be in a family, school, or community setting. To learn more about prevention services in your area, contact a Prevention Specialist in your County.

Flathead County	406-751-8301	Missoula County	406-532-9751
Lake County	406-565-8545	Sanders County	406-827-9067
Lincoln County	406-334-8024	Ravalli County	406-532-9101
Mineral County	406-532-9770		

