



**Mental Health
Recovery Board**
Serving Warren & Clinton Counties

FOR IMMEDIATE RELEASE

#25-03

Contact: John Cummings, Deputy Director of Communications
(513) 695-2350
jcummings@mhrbwcc.org

April is Alcohol Awareness Month: A Time to Educate, Reflect, and Promote Healthy Choices

MASON, Ohio, March 27, 2025 - In recognition of Alcohol Awareness Month this April, Mental Health Recovery Board Serving Warren & Clinton Counties (MHRB) will join local and national organizations and advocacy groups to raise awareness about the impact of alcohol misuse and promote healthy, informed choices regarding alcohol consumption.

First established in 1987 by the National Council on Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month has since served as an important reminder to increase public awareness of the dangers of alcohol use and the challenges individuals face in managing their drinking habits. With the theme for 2025, "Help for Today, Hope for Tomorrow," the observance focuses on empowering individuals with resources and support to make positive changes in their lives.

Throughout the month, a variety of events, programs, and educational activities will take place across the nation, including:

- **Community Outreach:** Local organizations will host informational sessions, distribute literature on alcohol awareness, and offer guidance on where individuals and families can seek help if needed.
- **Screenings and Counseling Services:** Health professionals will provide confidential alcohol screening and counseling to help individuals assess their relationship with alcohol and find ways to reduce harmful drinking.
- **Public Service Announcements:** Aimed at encouraging responsible drinking habits and offering information on the long-term effects of alcohol misuse, these campaigns will air on local television, radio stations, and social media channels.

(more)

- **Support Groups:** Numerous support groups, including Alcoholics Anonymous (AA) meetings, offer safe spaces for those struggling with alcohol misuse to find solace and community.

According to the Centers for Disease Control and Prevention (CDC), excessive alcohol use is linked to an array of health issues, from liver disease to mental health disorders, and is responsible for over 95,000 deaths in the United States annually. The CDC also highlights that alcohol is a leading cause of preventable death and disability in the country, making education and awareness crucial.

“Alcohol Awareness Month is an important opportunity for individuals to take a step back and evaluate their drinking habits,” said MHRB Executive Director Amy Fornshell. “Through education, community outreach, and professional support, we hope to help reduce alcohol-related harm and encourage people to seek help when needed. There is no shame in asking for help. We want to make sure people know that support is available.”

This month-long observance is also a reminder to check in on friends, family members, and coworkers, and encourage an open conversation about alcohol consumption. Whether it's through seeking professional counseling or simply learning more about the potential risks of excessive drinking, Alcohol Awareness Month provides a platform for positive change.

For more information on Alcohol Awareness Month or to find resources in your community, please visit mhrbwcc.org or the CDC website at cdc.gov/alcohol.

#