



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

FOR IMMEDIATE RELEASE

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April is Alcohol Awareness Month: Help Is Available in Warren County and Clinton Counties

MASON, Ohio, March 25, 2026 - April is Alcohol Awareness Month, a time to raise awareness about the impact of alcohol misuse and to remind residents that prevention, treatment and recovery supports are available locally.

The Mental Health Recovery Board Serving Warren and Clinton Counties (MHRB) encourages individuals and families to use this month as an opportunity to check in on their own alcohol use, have open conversations, and learn the signs of potential misuse.

“Alcohol misuse can affect anyone — working adults, parents, teens and older adults,” said Amy Fornshell, MHRB executive director. “The good news is that help is available right here at home, and recovery is possible.”

Signs and Symptoms of Alcohol Misuse

Alcohol misuse doesn't always look the same from person to person, but common warning signs may include:

- Drinking more or longer than intended
- Trying to cut back but being unable to do so
- Cravings or strong urges to drink
- Neglecting responsibilities at work, school or home
- Continuing to drink despite relationship problems
- Increased tolerance (needing more alcohol to feel the same effect)

(more)

- Experiencing withdrawal symptoms such as shakiness, sweating or irritability when not drinking
- Using alcohol to cope with stress, anxiety or depression

Left unaddressed, alcohol misuse can contribute to serious health problems, strained relationships, financial stress and increased risk of injury.

Local Help Is Just a Click Away

Residents of Warren and Clinton counties can find confidential help and local treatment resources by visiting mhrbwcc.org. The website includes:

- A directory of local treatment providers
- Self-assessment quizzes to help individuals evaluate their alcohol use
- Information about prevention and recovery supports
- Crisis resources, including how to access immediate help

If you or someone you love is struggling, you are not alone. Alcohol Awareness Month is a reminder that seeking help is a sign of strength — and support is available in our community.

For more information about alcohol misuse prevention and treatment resources in Warren and Clinton counties, visit mhrbwcc.org.

About MHRB

Mental Health Recovery Board Serving Warren & Clinton Counties (MHRB) is the local alcohol, drug addiction, & mental health services board for residents of Warren and Clinton Counties. MHRB plans, funds, monitors, and evaluates services and programs provided by various agencies that care for residents living with mental health and addiction issues. For more information, visit mhrbwcc.org.

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