

Alcohol Program

If you're concerned about your use of alcohol, then taking the first step to getting help can be hard. My Military Health offers a digital therapy program that provides you with a private, judgement-free space to explore your relationship with alcohol. If you think you would benefit from using alcohol less, or quitting altogether, the Alcohol program can help you make that change.



Knowledge and understanding

The program will help you assess your own desire to change by showing you what safe and unsafe drinking looks like, the impact alcohol can have on your well-being, and how drinking can affect your relationships.



Taking control

You will learn to spot high-risk situations and triggers linked to your use of alcohol and how to plan ways to cope with them. This will give you a greater sense of control and help you own your decisions.

The program allows you to set your own goals. Then it gives you the tools and resources you need to meet them.



Forging ahead

You will find new ways of thinking that will help you to feel better faster. You'll learn how to build a strong support network to help you focus and commit to your goals for lasting results.

Is this program for me?

The Alcohol program helps you get a better idea of your drinking patterns so you can understand your relationship with alcohol. This can help you if you want to reduce how much you drink or stop drinking completely.

You can access the program on your phone, computer, or tablet, wherever and whenever you need it. There are five modules to work through at your own pace. For most people it takes about six weeks.

Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT helps people manage their mental health and well-being. It will help you to understand your thoughts and feelings, and how they affect what you do. You'll learn how to make the changes you need to feel better.

Program modules

- **Alcohol and You** – Look at your relationship with alcohol and ask yourself: is there a problem?
- **Considering Change** – Take a fresh look at your drinking and decide whether you want to make changes.
- **Reducing Harm** – Understand the impact alcohol can have on you and learn about ways you can reduce the risks.
- **Triggers and High-Risk Situations** – Identify challenges you may face as you make changes. Learn ways to overcome them.
- **Moving Forward** – Learn how to continue making the changes you want for yourself.



"I feel like I've woken up to a whole new world. Giving up alcohol is not easy – I still think about drinking – but even that is getting better as the days pass. I just know I want to be able to live a full life and do all the things that other people can."

- Liz, program user

Tools and activities

The Alcohol program contains many helpful tools and activities including:

- **My Drink Diary** – Track your drinking to help build a picture of why you drink.
- **Personal Stories** – You are not alone. Hear from other people who are using the program.
- **Quizzes** – Test your knowledge about alcohol and understand how it impacts your life.
- **Mindfulness Exercises** – Take a moment to slow down and find peace with our podcasts.
- **My Plan** – Decide what you want to change, then use your planner to help you make that change.

For SilverCloud self-enrollment, visit us at:
<https://bh.mymilitary.health.mil/signup/>
Or scan the QR code below:



For technical assistance, contact the My Military Health Help Desk:
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