

杜絕酒癮

您是否已經讓酒精問題 影響了您的人生？

- 您曾經不想喝多，但卻無法控制而喝酒過量嗎？
- 家人或朋友爲您好而勸您少喝一點酒嗎？
- 對於喝酒這件事，您會覺得不好或感到羞愧嗎？
- 您會一早起床上未進食前，就要喝一杯才覺得比較舒服穩定嗎？

若只要有一個答案爲「是」，那麼你可能已經有了飲酒問題！



酒精無法解決人生的難題，若發現自己開始有飲酒過量的傾向，建議您立即尋求專業醫療的幫助



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廣告

Eliminating
alcoholism

Are alcohol related issues impacting your life?

- ❑ Have you ever not wanted to drink too much but been unable to control yourself and drunk excessively?
- ❑ Has a member of your family or a friend ever tried to persuade you to drink less?
- ❑ Do you feel that drinking is bad or shameful?
- ❑ Have you ever got up in the morning and before eating anything drunk alcohol in order to feel better and steadier on your feet?

If you answered “yes” to any of the above questions you could have an alcohol problem.



Alcohol does not solve any of the problems you encounter in life. If you have started to drink excessively seek immediate professional medical treatment.

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廣告

Hilangkan
Kecanduan
Alkohol

Apakah Anda telah membiarkan masalah alkohol memengaruhi kehidupan Anda?

- ❑ Anda pernah tidak ingin banyak minum, tetapi tidak dapat mengendalikan diri dan minum minuman beralkohol terlalu banyak?
- ❑ Keluarga atau teman menasihati untuk mengurangi minum minuman beralkohol demi kebaikan Anda?
- ❑ Mengenai masalah minum minuman beralkohol, Anda merasa tidak baik atau merasa malu?
- ❑ Apakah pernah saat bangun tidur di pagi hari dan sebelum sarapan, Anda ingin minum segelas minuman beralkohol baru berasa badan lebih terasa enak dan stabil?

**Jika salah satu jawaban di atas adalah “Iya”,
maka kemungkinan Anda telah mengalami masalah minuman beralkohol!**



Alkohol tidak dapat menyelesaikan masalah dalam kehidupan, jika mendapati diri Anda mulai memiliki kecenderungan minum terlalu banyak, maka Anda disarankan untuk segera mencari bantuan medis profesional.



Nói không
với rượu bia

Bạn đã để cho vấn đề rượu bia ảnh hưởng đến cuộc sống của bạn?

- ❑ Bạn đã từng không muốn uống quá nhiều nhưng không kiềm chế được và đã uống quá nhiều?
- ❑ Gia đình hoặc bạn bè của bạn có khuyên bạn ít uống rượu bia không?
- ❑ Bạn có cảm thấy tội tệ hay xấu hổ về việc uống rượu bia không?
- ❑ Bạn đã bao giờ thức dậy vào buổi sáng sớm là phải uống một ly trước khi ăn để cảm thấy thoải mái và ổn định hơn chưa?

**Nếu chỉ cần có một câu trả lời “có”
thì có lẽ bạn đã có vấn đề về uống rượu bia.**



Rượu bia không thể giải quyết các vấn đề của cuộc sống, nếu bạn thấy mình có xu hướng uống quá nhiều, kiến nghị bạn nên tìm sự trợ giúp y tế chuyên nghiệp ngay lập tức.



ยับยั้งโรคพิษสุราเรื้อรัง

แอลกอฮอล์กลายเป็นปัญหาที่ส่งผล

กระทบต่อชีวิตของท่านหรือไม่?

- ท่านเคยคิดที่จะเลิกสุราแต่ควบคุมตนเองไม่ให้ดื่มสุราไม่ได้ ใช่หรือไม่?
- คนในครอบครัวหรือเพื่อนเคยเตือนให้ท่านดื่มสุราน้อยลงหรือไม่?
- การดื่มสุราทำให้ท่านรู้สึกไม่ดีหรือรู้สึกอายหรือไม่?
- หลังตื่นนอนตอนเช้าก่อนรับประทานอาหาร ท่านต้องดื่มสุรา 1 แก้วจึงจะรู้สึกสบายหรืออารมณ์สงบหรือไม่?

หากมี 1 คำถามที่ตอบว่า “ใช่” หมายความว่าท่านกำลังมีปัญหาเรื่องการดื่มสุรา!



การดื่มแอลกอฮอล์ไม่สามารถแก้ไขปัญหาชีวิตได้ หากพบว่าตนเองดื่มสุรามากเกินไป ขอแนะนำให้ท่านรีบไปรับการรักษาจากแพทย์เฉพาะทาง

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