

# WHAT'S A STANDARD DRINK?



12 oz.  
of beer  
(5%)



5 oz. of  
wine  
(12%  
alcohol)



1.5 oz. hard alcohol  
(80 proof/40%)

# CONTACT US

We have a full clinical staff and mental health team available to help.



805-378-1413



Admin Bldg Rm 111



mc\_studenthealthcenter

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