

Alcohol, Tobacco & Other Drugs

Dry January Resources

Dry January is a time when people take a break from drinking and examine their relationship with alcohol. Taking a break from alcohol for an entire month may provide an opportunity to assess patterns of alcohol consumption and develop alternatives for relaxing, socializing, and coping with stress.

Kicking off the New Year with Dry January? Here Are Six Tips for Success (NIAAA): Provides information about Dry January, including how to start the new year off on this sober journey.

Dry January USA: Offers resources and practical tools to support individuals who choose to take a break from alcohol during January. Dry January USA is a national initiative that promotes mindful drinking and healthier lifestyle choices.

NPR - Cutting out the alcohol for January? These apps can help: Provides practical tips and digital tools to help individuals participate in Dry January. Apps that help people track their drinking, set goals, recognize patterns, and build healthier habits around alcohol are highlighted.



USC is committed to promoting a healthy, safe, and drug-free campus community. This information and resource hub provides important details about alcohol, tobacco, and other drugs, USC policies, confidential self-assessment tools, and support resources for Trojan faculty and staff.

