

**Purpose:** The purpose of this project is to identify the trends of alcohol consumption in practicing pharmacists and the need for opportunities to enhance their well-being and support.

**Methods:** Practicing pharmacists who were members of national organizations, in the local academic network, or working in a local hospital system were asked to complete an anonymous survey regarding alcohol consumption, including the awareness of professional resources available to them and common reasons for consumption through thirteen questions.

**Results:** In total, one-hundred-three practicing pharmacists completed the survey and almost three-quarters were female (71.1%). Nearly half (46.8%) spent forty or more hours per week at work and a majority (61.8%) had practiced more than ten years of pharmacy. The most common practice sites were hospital, clinical, and academia. Only a small portion did not have a drink containing alcohol in the past year (10.8%). Binge drinking episodes were at 14.4% every three months, 3.6% every month, and 2.7% weekly. A small percentage (11.7%) had looked into resources for themselves or others. Over half (55.3%) were unaware of professional resource programs for pharmacists, revealing a low number of individuals were familiar with the programs available to them.

**Conclusion:** With the concerning low number of participants who were familiar with the help resources available to them, more informative conversations need to take place among current and future practicing pharmacists.

**Keywords:** pharmacists, alcohol consumption, resources