



Questions To Ask If You're Concerned About Your Substance Use

- Have you ever decided to stop drinking or using other drugs, but found you couldn't?
- Has your alcohol, or other drug, use caused problems at home?
- Do you drink or use other substances to lose shyness, gain self-confidence or cope with your mental health and emotions?
- Do you ever have blackouts and/or hangovers?
- Do you prefer to use alcohol or other drugs when you're alone?
- Do you ever drink, or use other drugs excessively at a party because you're afraid you won't have enough?
- Are your studies or work ever negatively affected by your use of alcohol or other drugs? Do you find yourself wanting to use alcohol or other drugs during your work or school day?
- Do you ever get annoyed about classes or lectures about drug awareness?
- Have you ever lost someone you love because of alcohol or other drug use?