

Substance Abuse. It's treatable.



1. Have you ever felt you ought to cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

If you answered yes to two or more questions you may have a substance abuse disorder. Please contact 211 for a local referral or visit www.TalkAboutItSCC.org to get more information.