

Is alcohol or drug use a problem for me?

Drinking or using drugs is a problem if it causes your behavior to change or changes how you use alcohol or drugs. Take a few minutes to place a checkmark next to the statements with which you agree.

	Yes	No
My drinking or drug use has...		
• Made me more aggressive or mean.	<input type="radio"/>	<input type="radio"/>
• Interfered with personal obligations, like taking care of my family or working.	<input type="radio"/>	<input type="radio"/>
• Put me in danger. For example, I have used drugs or alcohol before driving or operating machinery.	<input type="radio"/>	<input type="radio"/>
• Led to legal problems.	<input type="radio"/>	<input type="radio"/>
• Interfered with how well I do at work.	<input type="radio"/>	<input type="radio"/>
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Your reasons to drink or use drugs and how much you use them can indicate a problem.		
• My friends or family members have said something to me about how often I drink or use drugs.	<input type="radio"/>	<input type="radio"/>
• I sometimes feel guilty about drinking or using drugs.	<input type="radio"/>	<input type="radio"/>
• I drink or use drugs to cope with stress or my problems.	<input type="radio"/>	<input type="radio"/>
• I am drinking more or using more drugs than I used to.	<input type="radio"/>	<input type="radio"/>
• I have wanted to or tried several times to cut down on how much I use alcohol or drugs.	<input type="radio"/>	<input type="radio"/>
• I spend a lot of time getting alcohol or drugs.	<input type="radio"/>	<input type="radio"/>
• I need to drink more or use more drugs to get the same effect.	<input type="radio"/>	<input type="radio"/>
• I am sick when I try to stop drinking or using drugs.	<input type="radio"/>	<input type="radio"/>

If any of these statements are true, you may be developing or already have a problem with alcohol or drugs.

Admitting you need help is very hard. It may be tough to seek help because you feel shame or guilt, or because you have doubts about whether you can stop. Remember that many people have beaten alcohol or drug problems, and all have started with these feelings and doubts.

Help is available. For additional information, visit www.MagellanHealth.com/MYMH