

## Do You or a Loved One Have a Substance Use Problem?

*Answering “yes” to even one of the following questions could signal that you or a loved one has a substance use problem.*

- ◆ Have you ever felt guilty or ashamed of your drinking or drug use?
- ◆ Do you regularly drink or use drugs alone?
- ◆ Have you ever tried to stop or cut down on drug or alcohol use but could not follow through?
- ◆ Have you ever taken one drug to get over the effects of another drug?
- ◆ Have you ever made a mistake at a job or at school because you were using drugs or alcohol?
- ◆ Does the thought of running out of drugs or alcohol scare you?
- ◆ Have you ever stolen drugs from someone or stolen in order to pay for drugs?
- ◆ Have you ever been arrested or hospitalized because of drug or alcohol use?
- ◆ Have loved one’s commented on your alcohol or drug use?
- ◆ Has using drugs or alcohol hurt your relationships with family and friends?
- ◆ Have you ever felt as though you would not be able to fit in or have a good time without being under the influence of drugs or alcohol?
- ◆ Do you find yourself using more of a substance than you meant to or needing more to get the same effect you used to?
- ◆ Have you ever used a drug without knowing what it was, how it was used, or how it might affect you?
- ◆ Have you ever found yourself in an awkward or regrettable sexual situation due to drug or alcohol use?

**To arrange a substance use disorder educational session for your community, workplace, or group, please call us 717-454-3100.**

**Visit our website for resources and free online training. [www.drugfreeworkplacepa.org](http://www.drugfreeworkplacepa.org)**

**Grant funding allows us to offer all of our services free of charge.**