



**DRUG FREE
WORKPLACE PA**

SUPPORTING, EDUCATING *and*
EMPOWERING WORKPLACES
and COMMUNITIES™

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

Answering "yes" to even one of these questions could signal that you or a loved one has a 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 ones 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 Drug Free Workplace PA at 717-454-3100.

Visit www.dfwpa.org for free resources and online training.

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