



470-7447 or 800-777-6110  
[www.crouse.org/helppeople](http://www.crouse.org/helppeople)

## Alcohol Self-Assessment

**Where there's help, there's hope.**

- \_\_\_\_\_ Do you feel the need to have a few drinks or get high before facing certain social situations?
- \_\_\_\_\_ Have there been times when you didn't remember what happened while you were drinking or on drugs?
- \_\_\_\_\_ Do you "sneak" drugs or alcohol, hiding your use from friends, family or co-workers?
- \_\_\_\_\_ Do you prefer to drink or use drugs to build up your self-confidence?
- \_\_\_\_\_ Have you ever had a car accident or been arrested (DWI/DWAI) because you were drunk or high?
- \_\_\_\_\_ Do you drink or use drugs to escape your worries or pressure?
- \_\_\_\_\_ Do you sometimes skip meals if you're drinking or using drugs?

If you answered "yes" to two or more of these questions, you may have a problem with alcohol or drugs. Contact HelpPeople Employee Assistance Program at 470-7447 for more information or an appointment.

**All calls are confidential.**