DO YOU THINK THAT YOU OR SOMEONE CLOSE TO YOU MIGHT HAVE AN ALCOHOL ABUSE PROBLEM?

• Have there been times when you ended up drinking more, or longer than you intended?
• Have you tried more than once to cut down or stop drinking, but couldn’t?
• Have you recently spent a lot of time drinking or being sick from drinking too much?
• Have you experienced cravings for an alcoholic drink?
• Has drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?

IF YOU ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, THERE IS HELP.

PLEASE SEE REVERSE FOR HELPFUL INFORMATION.
Find Drug and Alcohol Treatment Services

800.662.4357 (HELP)
https://apps.ddap.pa.gov/gethelpnow

For more information:
PENNSYLVANIA AA WEBSITES
www.area59AA.org
www.WPAarea60.org

SMART RECOVERY
www.smartrecovery.org

HOW MUCH IS TOO MUCH?
www.Alcoholscreening.org