



While you're waiting to **check-in** for your appointment,  
**let's check-in** about substance use.

- Have you ever felt that you ought to **CUT** down on your drinking or drug use?
- Have people **ANNOYED** you by criticizing your drinking or drug use?
- Have you ever felt bad or **GUILTY** about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (**EYE OPENER**)?

If you answered yes to any of these questions, then it might be time to **check-in** with yourself or check-in with your provider.

If you feel comfortable, talk to your provider at your appointment today. We have resources, and can refer you to various services.

If you are not quite ready to talk to your provider today, call the SAMHSA substance use help line any time. It's a free, 24-hour, 365-day a year service designed to answer all questions about substance use for you and your family members.

**1-800-662-4357**