

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 counseling services of your choice.

If you need time to think about it, check out the QR codes or pick up a postcard for more information.



Cook Inlet  
Counseling



Southern  
Kenai  
Resources

