

I've taken prescription drugs without any medical need.



I've used more than one type of drug at a time, including alcohol.



I can't get through a day /week without drugs or alcohol.



I limit my drug use to certain situations.



I have had blackouts as a result of my drug or alcohol use.



I say no to drugs or alcohol sometimes.

I've been in fights when under the influence of alcohol or drugs.



I've stolen from others in order to buy alcohol or drugs.



Looking for a new way to cope?



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There are times when I feel like using but choose to do something else instead.



I have sold my things in order to get money for alcohol or drugs.



I have had a bad experience when using a substance.



I've tried decreasing or stopping my substance use.



There have been times when my education, training or work has been impacted by my substance use.



I've been in hospital before as a result of my drug or alcohol use.



I have other members of my family who have experienced or still have problems with alcohol or drugs.



I have other members of my family who have experienced or still have problems with mental health issues such as depression or anxiety.



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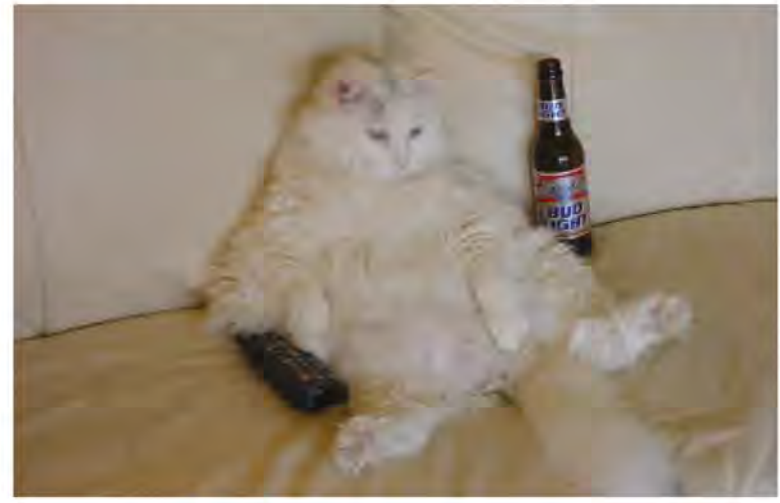
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I could do with learning more about how alcohol and other drugs can affect my body and my health.



I find it hard to get motivated



I have changed since I started using.

I've done risky things when using alcohol or other drugs.



People have tried to get me to cut down or stop my substance use.



I get really stressed or feel unwell if I can't use for a few days.



There have been times when most of my time is spent sourcing, using or recovering from substance use.



I've stopped doing things I used to enjoy because of my substance use.

