

# BAD HABIT? OR ADDICTION IN DISGUISE?



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

## Worried about your alcohol and/or drug use?

Consider your drinking and/or drug use patterns.

Try the CAGE-AID Questionnaire (for Adults).

Ask yourself...

*Have I ever thought I out to "C"ut down on my drinking or drug use?*

*Have people "A"nnoyed me by criticizing my drinking and drug use?*

*Have I felt bad or "G"uilty about my drinking or drug use?*

*Have I ever had a drink or used other drugs first thing in the morning  
("E"arly-opener) to steady my nerves, get rid of a hangover or get the day  
started?*

Two or more "yes" answers could mean that you are using alcohol and/or drugs in harmful ways and could benefit from being assessed further by a health care provider. Call the Healthline at 8-1-1 or Mental Health and Addictions at 306-691-6464 or [click here](#) to learn more.