

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"uiltily 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.