

Worried about a Friend or Family Member?

Use this questionnaire to review the drinking behavior of someone close to you. If you would like to speak with a health professional about your concerns, please check the box under

person.

taff

How Can I Recognize Signs of an Alcohol Problem in Someone I Care About?

Please check all that apply:

- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down/stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effect
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problem caused by drinking
- Spending a great deal of time getting alcohol and drinking alcohol
- Drinking in risky situation such as before driving or before engaging in unwanted/unprotected sex

Questionnaire Interpretation

If you checked any of the squares above, please consider talking with a health professional today or getting a referral to speak with a professional at a later date. Help is available both for you and your family member or friend. Would you like the opportunity to discuss your concerns with a health professional today?

Yes

No

What to do if you think a friend or family member may have

an alcohol
problem:

Let your friend or family member know that risky drinking can lead to more severe alcohol problems including alcohol dependence (alcoholism), as well as