

Addiction/ Substance use

THERE'S NO SHAME IN SEEKING HELP.

This quick and easy self-assessment will give you valuable insight into whether you (or your loved one) have a problem.

1. Have you tried to stop using drugs or alcohol but couldn't?
2. Has a family member or loved one expressed concern about your drinking and/or drug use?
3. Do you feel guilty about drinking or using drugs?
4. Have your responsibilities at work, home or school suffered because of your use of drugs and/or alcohol?
5. Have you lied to people about your drug and/or alcohol use?
6. Has your drinking or drug use caused you to suffer from sicknesses such as shaking, vomiting or paranoia?
7. Do you find it difficult to have a good time without using substances?
8. Have you often thought that your life would be better without drug and/or alcohol use?

If you answered "yes" to any of these questions, you are likely to be having difficulties related to your substance use. Please contact Psy Lens Center for a confidential, professional evaluation and treatment management so you can regain control of your life!