Substance Abuse Questions
to ask yourself...

- Do you think you might be drinking or using drugs too much?
- Do you feel guilty about your drinking or drug use?
- Are people complaining about your drinking or use of drugs?
- Do you drink or use drugs in the morning to get rid of a hangover, or to calm your nerves?
- Is your drinking or drug use affecting your life or the lives of your children?

Behavioral Health Questions
to ask yourself...

- In the last two months, have you felt sad or anxious for two or more weeks?
- Have you heard or seen things that others did not?
- Have you ever taken medication for a mental health problem?
- Have you ever seen a mental health counselor?
- Have you had suicidal thoughts in the past 30 days?
- Have others expressed concern about your mental health symptoms?

If you answered YES to ANY of these questions, then the SAI / BHI may be for you!

Substance Abuse and Behavioral Health Initiative
Work First New Jersey
Can work for you!

Substance Abuse and Behavioral Health Initiative
Work First
New Jersey

For more information:
Contact your County or Municipal Welfare Agency

NCADD NEW JERSEY
NATIONAL COUNCIL FOR ALCOHOLISM AND DRUG DEPENDENCE - NJ
www.ncaddnj.org

Work First
New Jersey
In Partnership with the New Jersey Department of Human Services