

ALCOHOL USE

If some (or several) of the answers to these questions is “Yes”, then you may have a problem with alcohol or other substances. You may want to consider talking with one of our therapists to explore this further.

What you can do if you believe you or a friend may be experiencing Alcohol and/or Substance problems:

How much do you know ...

DO ANY OF THESE QUESTIONS APPLY TO YOUR LIFE?

- ◆ Do you drink or use other drugs in order to help you feel more comfortable around people?
- ◆ Have you been spending time with people you don't really care for just because of alcohol or other drugs?
- ◆ Have you had problems at school or work (lateness, missing classes, errors, etc.) due to drinking or other drug use?
- ◆ Is your drinking or other drug use having a negative effect on your relationships?
- ◆ Has your alcohol and/or other drug use led you to take dangerous risks?
- ◆ Do you ever drink or use other drugs in order to escape worries?
- ◆ Have you ever thought you should cut back on your drinking or other drug use?
- ◆ Have you ever lied about your drinking or other drug use?
- ◆ Has anyone ever showed concern over your drinking or other drug use?
- ◆ Have you ever had disciplinary or legal consequences due to your drinking or other drug use?

Although managing substance use can be challenging, these types of conditions are treatable. Here are some first steps you can take:

- ◆ Call P&CS at (858) 534-3755, or come directly to our Central Office at Galbraith Hall 190, and request to meet with one of our psychologists; the Intake Coordinator will schedule an appointment for you.
- ◆ During business hours (8:00am-4:30pm): If this is an urgent matter and you need to speak with someone immediately, call (858) 534-3755, and indicate the seriousness of your situation; you will be able to speak with a psychologist shortly.
- ◆ Outside business hours: If this is an urgent matter and you need to speak with someone immediately, call (858) 534-HELP, and your need to speak with a psychologist; you will be able to speak with a psychologist shortly.
- ◆ Attend the Alcohol & Substance Use Forum, led by Dr. Sam Park, Fridays 2:00-3:30pm, Half Dome Lounge, Muir College
- ◆ Take our Online Mental Health Assessment on our website (<http://psychservices.ucsd.edu>)



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psychological services**

(858)534-3755

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