ARE YOU AT RISK FOR SUBSTANCE USE DISORDER?

SCREENING FOR RISK allows you to:

Identify if you are at risk

Understand how serious the risk is

Learn the best next steps for wellness

ASSESSING THE RISK

The questions to the right, called the CAGE assessment, should be scored with **0 for "no" and 1 for "yes."** A score of 2 or more is considered high risk.

Turn this flyer over for steps if you score a 2 or more.

My score: ____

ASKING THE QUESTIONS (SCORE YOUR ANSWERS BELOW)

1. Have you ever felt the need to **C**ut down on your drinking or drug use? **0 or 1**
2. Have people **A**nnoyed you by criticizing your drinking or drug use? **0 or 1**
3. Have you felt bad or **G**uilty about your drinking or drug use? **0 or 1**
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye-opener)? **0 or 1**

YOU MATTER.
Make yourself a priority.

Looking for support?

If you or someone you love is at risk, consider these options:

- **Connect** with your Doctor if you have one
- **Contact** AskPETRA to learn about different pathways to address risk
- **Make a plan** for your first step and share it with someone you trust

For more information visit AskPETRA.org.

If you live in Northern NH, **AskPETRA can connect you with resources to help with treatment and recovery,** plus many other local and statewide supports.

REACH OUT.
YOU MATTER.

AskPETRA offers online resources and personal assistance with a trained Community Health Worker/Recovery Coach. **All services are free and confidential.**

AskPETRA.org

Text "TALK" to 603-259-4820 (MON-FRI 8:00-4:30)

Or Call 603-259-1729 (MON-FRI 8:00-4:30)

Ask PETRA
Prevention
Education
Treatment
Recovery
Assistance

North Country Health Consortium

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