



Information & support for people affected by

ALCOHOL

Get your life back

DO ANY OF THESE QUESTIONS APPLY TO YOU?

- 1 Have you ever felt the need to Cut down on your drinking?
- 2 Have you ever felt Annoyed by someone criticizing your drinking?
- 3 Have you ever felt bad or Guilty about your drinking?
- 4 Have you ever had a drink the first thing in the morning to steady your nerves or get rid of a hangover (Eye-opener)?

! **If any of the above questions apply to you, alcohol could be affecting your health.**
Take action. Speak to your healthcare provider or contact Addiction Services.

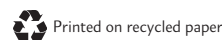
For more information or to make an appointment contact addiction services:

Toll Free 1-877-567-0632
www.addictionservices.ns.ca

Reclaim the clarity and energy you had before drinking got in the way.



(Adapted from CAGE Questionnaire; JA Ewing, 1984).





IS YOUR LIFE AFFECTED BY ALCOHOL?

Alcohol use is such an accepted part of our culture that sometimes we forget drinking involves risk and can lead to serious problems.

Did you know?



Alcohol is an addictive drug that is linked to more than sixty diseases including certain types of cancer, heart disease and stroke.



Harmful alcohol use can lead to accidents, risky sexual behaviour, crime, violence and conflict with family and friends.



Drinking more alcohol than your body can handle puts you at risk of passing out, memory loss, impaired judgement, blackouts, vomiting, injury, alcohol overdose and death.

Reduce the risks, know the facts!



No amount of alcohol use is safe during pregnancy. Drinking alcohol can lead to Fetal Alcohol Spectrum Disorder.



THINKING ABOUT CHANGING THE WAY YOU DRINK?

No two people have the same needs.



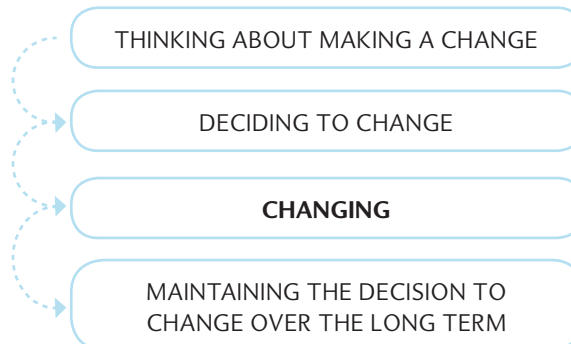
We match our services with the needs, strengths and choices of each person looking for help.

- ✓ Learn about alcohol addiction and understand why you drink.
- ✓ Develop an understanding of how alcohol is affecting your life.
- ✓ Explore your patterns of drinking.
- ✓ Examine the things that trigger your drinking.
- ✓ Discuss your worries about stopping drinking.
- ✓ Work with a counselor to develop a plan.



Am I ready to make a change?

Making a change may involve several stages:



WHAT OTHERS SAY



People who came to Addiction Services to get help for their drinking made the following comments about their experience.

“ I had a good talk and I was comfortable with the counselor. He helped me to make better choices”

FORMER ADDICTION SERVICES CLIENT FROM THE CAPE BRETON AREA

“The counselor helped me draw attention to the possible causes for my drinking. She really knew her stuff and didn't talk all the time, but listened to what my feelings were.”

FORMER ADDICTION SERVICES CLIENT FROM THE CAPE BRETON AREA

“They were certainly knowledgeable about alcohol and the level of understanding was unimaginable to me...”

FORMER ADDICTION SERVICES CLIENT FROM THE CAPE BRETON AREA

“ ...The people seemed that they wanted to help you and they gave me good advice on alcohol and alcoholism. I felt great after I left treatment.”

FORMER ADDICTION SERVICES CLIENT FROM THE CAPE BRETON AREA

“ ...The staff was knowledgeable, they had a great program and everyone was so helpful. My counselor was excellent and I felt really comfortable around her...”

FORMER ADDICTION SERVICES CLIENT FROM THE CAPE BRETON AREA

“ It was easy to talk to them, they were caring and also there for me when I needed them”.

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