

Patrons: Tony Adams MBE • Olly Barkley • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • Geraldine James OBE
Cherie Lunghi • Elle Macpherson • Suzanne Stafford CQSW • David Yelland

Alcohol - self diagnosis

Only you can decide whether you have a problem with alcohol (or other drugs and behaviours).
Answering the following may help you. Please tick one box in answer to each of the questions.

	YES	NO
1. Is your drinking or drug use leading to problems at home?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does drinking or using make you careless about your family's welfare?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you drink or use drugs to build up your self-confidence?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is drinking or drug use affecting your reputation?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you drink or use drugs to escape from your worries or troubles?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you drink or use drugs alone?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you crave a drink or drugs at a definite time daily?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does drinking or using drugs cause you to have difficulty in sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you lost time from work or school due to your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
10. Is drinking or using drugs jeopardizing your job or business, or school work?	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you experienced financial difficulties as a result of your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever experienced loss of memory as a result of your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has your doctor ever treated you for drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you ever been to a hospital on account of drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline 0800 358 3456
helpline@nacoa.org.uk

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If you have answered “yes” to any of the questions, there is a chance that you may have a problem with alcohol or other drugs. A “yes” to three or more questions indicates the need to carefully examine your use of alcohol or drugs. Help is available from a number of agencies.

For information and advice you can call:

AA: 0845 769 7555 www.alcoholics-anonymous.org.uk

Drinkline: 0800 917 8282

FRANK: 0800 776600 www.talktofrank.com

Narcotics Anonymous: 0300 999 1212 www.ukna.org.uk

Also see the Nacoa website www.nacoa.org.uk