

## Substance Use Self Check-In

*Please answer each question by selecting Yes or No.*

- 1. Do I take the substance in larger amounts or for longer periods than I originally intended?**  
 Yes     No
- 2. Have I wanted to cut down or control my substance use but found myself unable to do so?**  
 Yes     No
- 3. Do I spend a lot of time getting alcohol or drugs, using it, or recovering from its effects?**  
 Yes     No
- 4. Do I experience strong cravings or urges to use alcohol or drugs?**  
 Yes     No
- 5. Has my alcohol or drug use caused me to fail to meet major responsibilities at work, school, or home?**  
 Yes     No
- 6. Do I continue using alcohol or drugs even though it causes ongoing social or interpersonal problems?**  
 Yes     No
- 7. Have I given up or reduced important social, work, or recreational activities because of my alcohol or drug use?**  
 Yes     No
- 8. Do I use alcohol or drugs in situations where it could be physically dangerous?**  
 Yes     No
- 9. Do I continue using alcohol or drugs even though I know it is causing or worsening physical or psychological problems?**  
 Yes     No
- 10. Do I need much more of the substance to achieve the same effect?**  
 Yes     No
- 11. Do I experience withdrawal symptoms when I stop using alcohol or drugs OR do I use alcohol or drugs to relieve or avoid withdrawal symptoms?**  
 Yes     No

## Interpreting Your Results

- **0 - 1 Yes answers**

**Low concern.** Your responses suggest minimal current impact. Continue monitoring your well-being and seek support if changes occur. You can also visit our [Drug & Alcohol](#) resource page for helpful information, articles, and tools.

- **2 - 3 Yes answers**

**Mild concern.** You may be experiencing early signs of problematic use. A brief conversation with a healthcare or mental health professional could be helpful. If you would like to speak to a St. Luke's Penn Foundation professional, call 215-257-9999 or email [SLPF\\_RC\\_HELP@sluhn.org](mailto:SLPF_RC_HELP@sluhn.org). You can also visit our [Drug & Alcohol](#) resource page for helpful information, articles, and tools.

- **4 - 5 Yes answers**

**Moderate concern.** Your responses suggest a higher level of risk. Professional assessment or treatment services may be beneficial. To speak to one of our caring professionals, call 215-257-9999 or email [SLPF\\_RC\\_HELP@sluhn.org](mailto:SLPF_RC_HELP@sluhn.org).

- **6 or more Yes answers**

**High concern.** Your answers indicate significant impact. Seeking professional mental health or addiction treatment is strongly recommended. Call us at 215-257-9999 or email us at [SLPF\\_RC\\_HELP@sluhn.org](mailto:SLPF_RC_HELP@sluhn.org) to schedule an assessment.