

## **Worried about a Friend or Family Member?**

Use this questionnaire to review the drinking behavior of someone close to you. If you would like to speak with a health professional about your concerns, please check the box under “Questionnaire Interpretation” before returning this form to a screening staff person.

## **How Can I Recognize Signs of an Alcohol Problem in Someone I Care About?**

Please check all that apply:

- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down/stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effect
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problem caused by drinking
- Spending a great deal of time getting alcohol and drinking alcohol
- Drinking in risky situation such as before driving or before engaging in unwanted/unprotected sex

## **Questionnaire Interpretation**

If you checked any of the squares above, please consider talking with a health professional today or getting a referral to speak with a professional at a later date. Help is available both for you and your family member or friend. Would you like the opportunity to discuss your concerns with a health professional today?

- Yes
- No

What to do if you think a friend or family member may have

## an alcohol problem:

Let your friend or family member know that risky drinking can lead to more severe alcohol problems including alcohol dependence (alcoholism), as well as injuries and unwanted/unprotected sex.

Seek out resources in your local community such as AA, Al-Anon, and Alateen as well as mental health clinics, therapists, clergy, doctors, and social workers who are knowledgeable about alcohol problems. Don't let pride or fear block your efforts to get help for yourself and your friend or family member.

*Source: Adapted from Greenfield, S. Educational Lecture for National Alcohol Screening Day. 1999*

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