

C

HAVE YOU EVER FELT LIKE YOU SHOULD CUT DOWN ON YOUR DRINKING/USING?

A

HAVE PEOPLE ANNOYED YOU BY CRITICIZING YOUR DRINKING?

**ASK
YOURSELF...**

G

HAVE YOU EVER FELT BAD OR GUILTY ABOUT WHAT YOU HAVE DONE / SAID DURING DRINKING?

E

HAVE YOU EVER HAD A DRINK FIRST THING IN THE MORNING TO STEADY YOUR NERVES OR TO GET RID OF A HANGOVER (AN EYE-OPENER)?

The CAGE Questionnaire is a screening test for alcohol misuse. Answering yes to any of these questions may indicate that a further assessment is needed. We are always here to help.



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