



**BIG
ISLAND
SUBSTANCE
ABUSE
COUNCIL**

Inspiring Change, Reclaiming Lives

I want information for **Myself**

Ask yourself these questions:

1. Do you hide drugs or alcohol?
2. Have you ever been arrested for DUI and continue to drive drunk?
3. Have drugs or alcohol caused you legal problems?
4. Have you ever overdosed?
5. Is your usage affecting your job, school, or causing problems within your family?
6. Do you use in the morning when you wake up to steady your nerves?
7. Have you ever felt guilty about your drug or alcohol use?
8. Have you ever promised yourself or others that you would cut down your usage only to find that you are unsuccessful in doing so?

If you answer “yes” to any of these questions you may need help

- You are not alone
- Hope, help and support is available
- Schedule an assessment to determine your eligibility and placement for treatment(If eligible--Be sure to bring your ID and medical card)
- Seek additional support and resources from groups such as AA/NA or faith-based organizations. See calendar listings on the BISAC website for meeting schedules.

WE CAN HELP YOU WITH THIS.

Contact via telephone or web site. (808) 935-4927. Your call is confidential.