

IDENTIFYING & PLANNING FOR HIGH-RISK SITUATIONS FOR SUBSTANCE USE

In trying to manage or reduce your substance use, think about the following:

When was the last time you drank/used:

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What happened just before you drank/used

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Did you decide to use or was it just a bit of a habit?

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Did you drink too much/use too much

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What was the problem that happened because of this?

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What did your child see?

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How do you think your child felt?

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MANAGING YOUR USE OF SUBSTANCES

It is important to plan and think about your substance use so it does not get out of control and does not make your life or your children's lives more complicated.

Alternatives to substance use

Sometimes the easiest thing to do is find something else to do rather than drink or use.

What can you do that either delays or stops you using? Make an action plan!