If you think you have a drinking problem, ask yourself —

- Have I ever had a loss of memory or a blackout as a result of drinking?
- Is drinking causing problems with my job, my business, or my personal relationships?
- Have I ever attended counseling or been hospitalized because of drinking?
- Do I often drink alone?
- Do I crave a drink at a certain time?
- Have I ever lost time from work or school due to my drinking?
- Do I often have a desire to drink the next morning?
- Is my drinking disrupting my home life?
- Do I ever feel remorseful after drinking?
- Do I often drink to help cope with stress or other problems?
- Do I envy people who drink without getting into trouble?
- Have I ever switched from one kind of drink to another in the hope that this would keep me from getting drunk?
Where can I get treatment?

Where can I get help for a friend?

The PA Department of Drug and Alcohol Programs has a full listing of PA County Drug and Alcohol Agencies.

Go to their website:
www.ddap.pa.gov

and click on “Need Help Now?” located in the upper left section of the page to locate and contact your local Single County Authority.

Or call:
1 (717) 783-8200

For more information:
The website Alcoholscreening.org contains information about alcohol problems and explains both alcoholism and alcohol abuse, the symptoms of each, when and where to seek help, treatment choices, and additional helpful resources.