

Ever wondered about your drinking or drug use...

# When is it time to make a change?

Ask yourself...

- Is using no longer fun?
- Are friends and family worried about me?
- Am I having a hard time at work or school?
- Do I feel bad after drinking or using?
- Do I feel hopeless or out of control?

**If you answered yes to any of these questions your drinking or drug use may be getting in the way of the life you want.**

**The ISAP Team may be able to help.**

**Call us to find out how.**

**(530) 646-3993**



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