

## Tools and Resources:

Having a substance abuse problem is not a moral deficiency or a lack of character. Addiction is now recognized as a brain disease that progressively develops over time and affects the individual as well as family, friends and other loved ones. In order to get help, the first step is recognizing that your substance abuse is a problem. This is not an easy thing to do.

### **Answer some questions to get you started on the path to figuring out if you have a drug problem and getting help:**

1. Do you feel irritated when other people comment on how much you drink/use drugs?
2. Do you ever think or use drugs when you are alone?
3. Have you had periods of time while you were drinking or using drugs that you could not remember later?
4. Have you ever had problems with friends, school or work, or arrested as a result of drinking or using drugs?
5. Have you ever wondered whether you have a drinking or drug problem?
6. Have you noticed an increased tolerance to your drug of choice (needing more of the drug to get the same desired effect or feeling less effect with the same amount)?
7. Do you experience withdrawal symptoms (body aches, tremors, nausea, headaches, etc.) after stopping use, or use to relieve or avoid withdrawal symptoms?
8. Have you noticed a loss of control around your substance use? Are you using substances in larger amounts or for longer periods of time than you intended?
9. Have you tried, with little or no success, to control your substance use (making efforts to cut down, having rules around use, and or bargaining with yourself to limit your use)?
10. Has your time spent using substances increased (including getting the substance, using it, and recovering from its effects)?

If you use drugs and can answer "Yes" to any of these questions, you may benefit from taking a closer look at your use. Use the links below to find resources to get help.

Links:

<http://www.soberdyke.org/>

[www.michaelshouse.com/welcome.html](http://www.michaelshouse.com/welcome.html)

<http://www.treatment-centers.net/treatment-directory/spain/.serenity-house-alcohol-drug-treatment-centre.html>

<http://dasis3.samhsa.gov/>

[http://www.recoveryconnection.org/find\\_drug\\_rehab/Maine.php](http://www.recoveryconnection.org/find_drug_rehab/Maine.php)

Local Resources:

Alcoholics Anonymous (AA): 1-800-737-6237 or 207-774-4335; <http://aamaine.org/>

Narcotics Anonymous (NA): 1-800-974-0062; <http://namaine.org/>

Crossroads for Women: 207-773-9931

***Milestone Foundation, Inc. (Portland & Old Orchard Beach)***

<http://www.milestonefoundation.org/> or (207) 775-4790

***The Women's Project/PROP (Portland)***

<http://www.propeople.org/women.htm> or 1-800-611-1588

***Maine Association of Substance Abuse Programs (MASAP) Maine Alliance for Addiction Recovery (MAAR)***

<http://www.masap.org/site/recovery.asp>

***Mercy Recovery Center (Westbrook)***

[www.mercyrecovery.org](http://www.mercyrecovery.org) or (207) 879-3600