



# Should You Talk to Someone

About a Drug, Alcohol or Mental Health Problem?

John R. Kasich, Governor  
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**Our mission is to provide statewide leadership of a high-quality mental health and addiction prevention, treatment and recovery system that is effective and valued by all Ohioans.**

Substance use and mental health problems are treatable, and help is available. Recovery starts with understanding that you may have one or both of these conditions. These questions can help you decide whether you need help with substance use, a mental health issue or both. For people who do experience dual issues, receiving coordinated treatment to address both is important to getting better.

- Over the past 2 weeks, have you felt down, depressed, or hopeless?
- Over the past 2 weeks, have you felt little interest or pleasure in doing things?
- In the past year, have you had significant problems with insomnia, bad dreams, or falling asleep during the day?
- In the past year, have you thought about ending your life or had thoughts about suicide?\*
- In the past year, did you have a hard time paying attention at school, work or home?
- Have you ever felt you should cut down on your drinking or drug use (use less alcohol or drugs)?
- Have people annoyed (irritated, angered, etc.) you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about drinking or drug use?
- Have you ever taken a drink or a drug first thing in the morning (an eye-opener) to steady your nerves or get rid of a hangover?

In the past, have you ever:

- (for men) had 5 or more drinks in a day?
- (for women or anyone over age 65) had 4 or more drinks in a day?
- used recreational or prescription drugs to get high?

Unless you answered “never” to all of these questions, talk to your doctor, a nurse or a counselor about the details. They can help you decide what to do next. They may also help you find more information and resources.

You can also call our toll-free bridge line for guidance in identifying a treatment provider in your area:

**1-877-275-6364**

Or, go to our website at **[mha.ohio.gov](http://mha.ohio.gov)** for “Where to Get Help”