

Questionnaire

Please describe your main reason for seeking help.

Have you attended counseling before? Yes No

Are you currently seeing a counselor? Yes No

If yes, where:

Have you ever been hospitalized for a mental health issue? Yes No

Please specify what year are reason:

Are you concerned about your alcohol or drug use? Yes No

Are others concerned about your alcohol and drug use? Yes No

Have you experienced negative consequences as a result of your use? Yes No

If yes, describe:

During the last 12 months, indicate how OFTEN and HOW MUCH you used per episode:

	Never	Less than once per month	1 to 3 times per month	1 to 2 times per week	3 times per week or more
Alcohol (Standard drinks)					
Cannabis					
Cocaine					
Other drugs (Specify)					
Prescription medications (Specify)					
Tobacco					

Standard Drinks (SD)

Spirits (40%)	Beer (5%)	Wine (12%)
43 ml (1 ½ oz) = 1 SD 375 ml (13 oz) = 9 SD 750 ml (26 oz) = 18 SD	1 small (341 ml) = 1 SD 1 king can (750 ml) = 2 SD 1 boss (950 ml) = 3 SD	1 glass (5 oz/142 ml) = 1 SD ½ litre = 3.5 SD Bottle (750 ml) = 5 SD
Normal Range: Women: 10 drinks a week/ 2 per day (maximum) Men: 15 drinks a week/3 per day (maximum)		