This tool is intended to help you determine whether you may be displaying the signs of substance abuse or dependency. It is not intended to take the place of a professional evaluation or to serve as a diagnosis. Share this information with your healthcare provider. Together, you can determine the right treatment plan for you.

CAGE: A Tool for Evaluating the Signs of Substance Abuse

The following four questions make up the "**CAGE**" tool, used by mental health professionals to help identify the signs of a possible drug or alcohol abuse problem. Answer "yes" or "no" to each question, and refer to the guidelines below for evaluating your responses.

1. Have you ever felt you should **Cut** down on drinking/drug use?
2. Have people **Annoyed** you by criticizing your drinking/ drug use?
3. Have you ever felt **Guilty** about your drinking/or drug use?
4. Have you ever taken a drink and/or used drugs even in the morning to steady your nerves or get rid of a hangover ("**Eye** opener")?

Guidelines for interpreting your responses:
- Answering **yes** to 2 questions provides strong indication for substance abuse or dependency.
- Answering **yes** to 3 questions confirms the likelihood of substance abuse or dependency.

For more information:

- University of Michigan Depression Center

- 1-800-475-MICH or 734-936-4400

- http://www.depressioncenter.org/toolkit