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## Assessing your alcohol and drug use

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### Summary

- There are a number of online tools that can help you assess your alcohol use or drug-taking. These include Turning Point's Alcohol and Other Drug Screen.
  - If you are worried about your alcohol or drug use, call **DirectLine** - Victoria's 24-hour alcohol and drug counselling service - on **1800 888 236** for counselling, information and referral, or speak with your local doctor.
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It may be difficult to know when your alcohol or drug use (either illegal or prescription drugs) has crossed the line from recreational use into becoming a more serious problem. It is not necessarily about the amount of alcohol you drink or drugs you use, but how it affects your life and the lives of others around you.

There are a number of online questionnaires you can complete as an initial assessment of your alcohol consumption or drug-taking behaviour. These tests will give you an indication of whether you are showing the signs and symptoms of a substance abuse problem and point you toward help and assistance.

### Turning Point Alcohol and Other Drug Screen

Turning Point, a Victorian alcohol and drug research, treatment and education centre, offers the online 'Alcohol and Other Drug Screen' to help you self-assess your drinking.

The questionnaire, which takes about five minutes to complete, includes questions about your drinking or drug use, as well as asking you about your overall health and wellbeing.

A completed questionnaire can help you work out if your drinking level or drug use is a problem for you and will and whether it's impacting on your physical and mental health. The information you provide will also assist in determining the best help and support for you.

The questionnaire will compare your result with other Australians and other people who have taken the test. It will also suggest options for your next steps. You can select, for example, if you want to talk to someone on the phone or face-to-face, or if you would just like more information about the effects of alcohol use.

[Launch online self-assessment](#)

### Working it Out with YoDAA Tool

Youth Drug and Alcohol Advice (YoDAA) developed the '**Working it Out with YoDAA**' tool to help you, as a young person, work out where you are at with your drug and alcohol use. You will get feedback along the way and personalised outcomes at the end. The tool takes around 30 minutes to complete and covers six topics. You can stop and start when you need and change topic whenever you like.

[Launch Working it Out with YoDAA](#)

### SayWhen

**SayWhen** is an initiative of the Victorian Government that provides information and resources to help you make decisions about your drinking, whatever those decisions might be. If you decide you would like to make a change, SayWhen can help you get started.

The SayWhen tools include:

- **Drink Calculator**
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- [DrinkCheck](#)
- [My Drinking Profile](#).

### Getting help from DirectLine

If you're worried about your drinking or that of your partner, family member or friend, call [DirectLine](#) – on **1800 888 236** for counselling, information and referral, or speak with your local doctor.

### Where to get help

- [Your doctor](#)
- [DirectLine](#), call **1800 888 236**
- [Turning point](#)

**This page has been produced in consultation with and approved by:**

Better Health Channel - (need new cp)

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