



Community Fact Sheets

Check in with yourself

Sometimes changes in our drinking or behaviour can be a sign that it is time to check in with ourselves.

You might notice that you are:

- drinking more than usual
- thinking about alcohol more often
- having cravings and/or urges to drink
- missing work, school or other commitments
- making risky or dangerous choices
- feeling disconnected from community
- experiencing feelings of shame or guilt
- becoming isolated from family or friends
- finding it harder to maintain relationships
- experiencing legal or parenting issues
- needing more alcohol to feel the same effects
- feeling tired more often or enjoying things less
- fighting or arguing more often
- your family or friends may also have started to express their concerns for you



If you are noticing any of these things, this may be your sign to check in with yourself.

Noticing one or more of these things doesn't define who you are. It can simply be an opportunity to think about what is happening and whether something needs to change.



Alcohol
and Drug
Foundation



Local Drug Action Team Program

Artwork created by Tanisha Lovett
Gunditjmara & Wotjobaluk