

# Online Therapy for Women in African Cities



## CAGE: A Tool for Evaluating the Signs of Substance Abuse

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 an evaluation by a trained medical professional.

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.

Share this information with us and see how we can work together on helping you reduce your alcohol intake to safer drinking limits or how to help you stop drinking entirely.

*Share*