Easy questions to help assess a person's drinking

Aquarius Life is a service delivered in the workplace by the charity **Waythrough.** We focus on prevention through provision of training, education and wellbeing awareness events, as well as working with individual employees at any stage or level of concern who need support.

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Stop. Make a Change.

Use ‘CAGE’ questions to help...

C	Ever felt you should **Cut** down on your drinking?	Y/N
A	Ever felt **Annoyed** by people criticising your drinking?	Y/N
G	Ever felt bad or **Guilty** about your drinking?	Y/N
E	Ever had an Eye opener (a drink first thing in the morning)?	Y/N

A total of 2 or more is considered significant and it’s worth a person considering some changes to their drinking.

Need immediate help?

Drinkline – call: 0300 123 1110

Adfam – adfam.org.uk (family members)

FRANK – call: 0300 1236600 or text: 82111 or visit: talktofrank.com (Drugs)

Gamcare.org.uk – call: 0808 8020 133

Samaritans – call: 116 123 (24hr support)

Mind info line – call: 0300 123 3393

Urgent medical advice - call: 111

For medical emergencies – call: 999

Please contact us for training, guidance or support at

www.aquariuslife.org.uk aquariuslife@aquarius.org.uk 0330 008 3965