



FAIRFAX - FALLS CHURCH

Community Services Board

Should you talk to someone about a drug, alcohol or mental health concern?



Many people struggle with both a substance use issue and a mental health issue. For these people, it is important to receive treatment for **both** to get better. Treatment works. Recovery starts with understanding that you may have one or both problems.

Think this might be you or someone you care about?

Find out more about yourself by taking a quick online screening at bit.ly/online-screening. Want to know right now whether you need help with a substance use, a mental health issue, or both? Answer the questions on the back of this card.

*Substance use and mental health
problems are treatable,
and help is available.*

www.fairfaxcounty.gov/community-services-board

Recently, have you...

- Felt down, depressed, or hopeless?
- Felt little interest or pleasure in doing things?
- Had significant problems with insomnia, bad dreams, or falling asleep during the day?
- Thought about ending your life?
- Had a hard time paying attention at school, work, or home?
- Felt you should cut down on your drinking or drug use?
- Been annoyed when people criticized your drinking or drug use?
- Felt bad about your drinking or drug use?
- Taken a drink or a drug first thing in the morning to steady your nerves or get rid of a hangover?
- Had five or more drinks in a day? *(for men)*
- Had four or more drinks in a day? *(for women or anyone over age 65)*
- Used recreational or prescription drugs to get high?

Unless you answered “never” to all the above questions, talk to a medical professional or someone who’s in recovery themselves about the details of your situation. Give us a call – we can help you decide what to do next.

**During
regular
business
hours**

CSB Entry & Referral Services
703-383-8500, TTY 711

Merrifield Center
8221 Willow Oaks Corporate Drive
Fairfax, VA 22031
703-559-3000, TTY 711

**In an
emergency,
24/7**


CSB Emergency Services
703-573-5679, TTY 711

Fairfax Detoxification Center
703-502-7000, TTY 703-322-9080

Call 911 for a life-threatening emergency.



Follow us on Facebook and Twitter!

 Call 703-324-7000, TTY 711 to request this information in an alternate format.

July 2019