What Are The Advantages Of The Program

The program gives you a choice between quitting and cutting down. You learn to avoid substance abuse problems. The program is offered on campus and scheduled around your classes. It is located in Health and Counselling Services where a student’s privacy is respected at all times.

Campus Resource eChug—check out your alcohol consumption online: carleton.ca/studentaffairs/alcohol-awareness/e-chug

Off Campus Resources Addiction Services http://www.sandyhillchc.on.ca/

Adult Addictions Program www.rideauwood.org

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:
• Resource Centre
• Student Peer Interns
• Health Promotion Advisory Committee
• Website (carleton.ca/health)
• Facebook page
• Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or carletonwellness@gmail.com.

Substance Use Program

How to Quit or Reduce Substance Use

A Guided Self-Help Program for Alcohol and/or Marijuana Use

OR

CU Healthy

HCS 613-520-6674 carleton.ca/health
2600 CTTC Building
Is the Program for you?

If you think some of your problems are caused by your use of alcohol or marijuana, this program can help you quit or cut down.

Students join the program because their drinking or marijuana use is affecting their health, their relationships or their academics. They are highly motivated to change their substance use habits.

Even though using may be affecting your life, you are not an addict. You do not experience symptoms of severe alcohol dependency or have problems with drugs other than marijuana.

How Does it Work?

Step 1:
Call the Mental Health and Wellness Nurse Educator (613-520-6676) to book an initial assessment to determine if this program suits your needs.

Step 2:
If it does, you will set up a time to meet with the Nurse Educator for five sessions.

Step 3:
Health and Counselling Services will provide you with a self-help book and resources to use during the program.

Step 4:
With the assistance of the Nurse Educator you will work through the chapters of the guide and other assessment resources.

Step 5:
Short assignments and tasks will be practiced between sessions.

Step 6:
Six weeks after finishing the program you will meet again to assess your progress.