

Substance Misuse

Think You Might Have A Drinking Problem?

C.A.G.E. Questionnaire

The C.A.G.E. questionnaire is a method used by healthcare professionals to screen for alcoholism. It has been very accurate.

1. Cut - Have you ever felt you needed to cut down on your drinking?
2. Annoyed - Have people annoyed you by criticizing your drinking?
3. Guilty - Have you ever felt guilty about your drinking?
4. Eye - opener Have you ever felt you needed a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If you've answered "yes" to at least two questions, you should consider talking to someone about your drinking.

For additional information on the signs of a drinking problem visit: [Signs of Problem Drinking](#)

If you would like to make life changes related to alcohol use, the "My Choice Workbook" contains information and tools to help assess your drinking. Also see My Choice! Daily Drinking Tracking Log.

Need help from a health professional? See list of addiction services located in your community.

Drug & alcohol Registry of Treatment

Name of Organization	Location	Telephone Number	Address	E-mail
North Cochrane Addiction Services (NCAS)	Cochrane Kapusking Hearst Moosonee Smooth Rock Falls	(705) 272-3059 (705) 335-8408 (705) 362-7844 (705) 336-2164 (705) 338-4300	233 8th St. 2-29 Byng Ave. 62A 9th St. 21 First St. 105 2nd Ave.	None available
South Cochrane Addiction Services	Timmins Iroquois Falls Matheson	(705) 264-5202 (705) 232-4344 (705) 273-2233	2-85 Pine St. 243 Main St. 507 8th Ave.	scasinc@ntl.sympatico.ca
Jubilee Centre	Timmins	(705) 268-2666	140 Jubilee Ave.	jubilee@vianet.on.ca
Maison Arc-En-Ciel	Opasatika	(705) 369-4582 or 1-800-397-430	Hwy. 11	mace@ntl.sympatico.ca
Cochrane District Detoxification Centre	Smooth Rock Falls	(705) 338-2761 or 1-800-787-951	105 2nd Ave.	mcousine@ntl.aibn.com
Maison renaissance de la Rehabilitation	Hearst	(705) 362-4289 or 1-800-766-657	924 Halle St	mrenais@ntl.sympatico.ca
Moose Cree Healing Centre	Moose Factory	(705) 658-4674	71 Jaban St.	None available
Sagashtawao Healing Lodge	Moosonee	(705) 336-3450	100 Quarry Rd.	None available

If you have any questions please e-mail: population.health@porcupinehu.on.ca