



Maryland SBIRT
Change the Conversation for Better Health

Why we're asking

Alcohol and drug misuse is more common than you think. Talking about it is the first step toward knowing whether your alcohol or drug use is affecting your health and whether it's time to make a change.

What you can expect

After answering a few questions, you and your health care provider will discuss whether your alcohol or drug use could be affecting your health, and if necessary, develop a plan to reduce the risk of health problems now or in the future. Your provider can also refer you for further assessment or treatment if needed.

This is a confidential, two-way conversation that should empower you to ask questions and speak openly about alcohol or drug use and get help if needed. For more information, please speak with your health care provider.

Nearly 1 in 3 adults have an alcohol use disorder during their lifetime¹

1 in 10 adults experience a drug problem during their lifetime²

¹ National Institute on Alcohol Abuse and Alcoholism, 2015

² National Institutes of Health, 2015

A brief conversation can make a big difference.

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