



PEER EDUCATOR NEWSLETTER

Looking for alcohol and substance related materials? This week's newsletter provides info about a free & confidential resource.

ALCOHOL eCHECKUP TO GO



The Alcohol eCHECKUP TO GO is an interactive web program that allows college and university students to enter information about their drinking patterns and receive immediate, personalized feedback about their use of alcohol.



It takes about 20-30 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor.

HOW TO ACCESS



1. Go to Dickinson's Wellness Center page
2. Click on the link Substance Use Services under Counseling & Psychiatric Services

Link:k:

eCHECKUP:

<https://echeckup.sdsu.edu/usa/alc/coll/dickinson/#!/>