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/dicki
nson/#!/

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