



AM I READY FOR HELP?

A Private Self-Assessment

How to Use This Assessment:

- For each question, choose the answer that best reflects your experience.
- If a statement feels true for you, mark "Yes, that sounds familiar."
- When you're finished, look at how many times you answered "Yes" your total will help determine which result best fits your situation.

Questions:

Yes, that sounds familiar No, not really

Have you promised to stop, only to find yourself using again?

Is substance use quietly unraveling your life, hurting your relationships, your career, your finances, or your health?

Do you find yourself drinking/using against your will?

Have you ever felt your body ache, your mood spiral, or your mind race when you're not using?

Are you using substances to escape from stress, numb pain, or fill a growing sense of emptiness or loneliness?

Has someone, whether a friend, family member, or even a stranger, told you they're worried about you?

Do you find life becoming increasingly unmanageable?

Is it difficult to both control and enjoy your drinking/use?

Understanding Your Responses:

Count how many times you answered 'Yes, that sounds familiar' to better understand where you currently are in your journey.

0-1: Low Indicators

Your Response Suggests You May Not Need Formal Treatment at This Time

It sounds like substance use may not be significantly disrupting your life or that you have strong systems of support in place. That said, if you're ever unsure or would like to speak confidentially with a professional, we're always here to listen.

[Request a Confidential Call Back](#)

Private. No obligation. We're always here to listen.

2-3: Moderate Concern

There May Be Signs Worth Exploring Further

Your responses suggest that substance use could be affecting your quality of life or overall well-being. This doesn't mean you need to commit to treatment today – only that having a confidential conversation with an expert may help you gain clarity.

[Speak with an Admissions Specialist](#)

Explore your options in a supportive, no-pressure conversation.

[Verify Your Insurance Privately](#)

4+: High Indicators

Your Answers Suggest Treatment May Be Beneficial

You've identified multiple signs that substance use is impacting your life – emotionally, physically, or functionally. Legacy Healing Center offers luxury, private care designed to help you heal with dignity and personalized support.

[Start with a Private Call](#)

Luxury treatment. Personalized care. Discreet support starts here.

[Verify Coverage Securely](#)

Still Have Questions? We're Here to Help — On Your Terms.

Whether you're ready to talk now or simply exploring your options, our team is here to support you with compassion and discretion.



Call Us Now



Request a Confidential Call Back



Verify Insurance