



What is e-CHUG?



e-CHUG (Electronic Check-Up to Go) is an interactive computer based program designed to help college students receive objective feedback about their drinking. If you are interested, you can take this confidential on-line assessment in about ten minutes. Once the questionnaire has been submitted, a multi-page report is generated with personalized information about your drinking and risk factors. It is hoped that you will use this information as you think about your future alcohol use.

Directions to Take e-CHUG

Use your Internet browser to go to www.southalabama.edu/counseling. On the Counseling and Testing Services web page, you should click on Substance Abuse Program located on the left hand side. Then at the bottom of the Substance Abuse page, you should click on the Alcohol Screening – e-CHUG Internet link. From that point on, just follow the directions. When finished, it is suggested that you print a copy of your personalized report for future reference. You will also have the option of printing a certificate of completion.

Further Assistance

If you want further information about alcohol related issues, would like to speak confidentially with a counselor or schedule a counseling appointment, please contact the Substance Abuse Program at 460-7980. Located at 326 Alpha Hall East, professional counselors are available to assist USA students at no charge.



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