

Cost Benefit Tool

The Cost-Benefit Tool helps you to understand short and long term impacts of your behavior or substance use. It can help you make decisions and identify areas you may need support. To find out more join a SMART meeting.

Substance or behavior e.g. Alcohol, drugs:

Benefits of **using** or doing

Costs of **using** or doing

Benefits of **not using** or doing

Costs of **not using** or doing