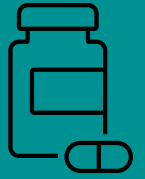




How to Recognize Signs + Symptoms of Substance Use



General Symptoms

- Feeling like substances must be used to make it through the day
- Having intense urges for the substance that can block out other thoughts
- Relying on more of the substance over time to get the same effect
- Making certain that a supply of the substance is maintained
- Spending money on the substance, regardless of financial status
- Not meeting work expectations, cutting back on social interaction or recreational activities
- Continuing to use the substance, even though it is known to cause problems in life, or cause physical or psychological harm
- Driving or doing other activities that should not be done while under the influence
- Spending a significant amount of time obtaining the substance, using the drug, or recovering from the effects of the substance
- Falling in attempts to stop using the substance
- Experiencing withdrawal symptoms when an attempting to stop using the substance

Information Provided By: Mayo Clinic. (2017, October 26). *Drug addiction (substance use disorder)*. Mayo Clinic. Retrieved May 16, 2022, from <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

Recognizing Substance Use in Friends/Family Members

Possible indicators that a friend or family member may be using drugs includes:

- Difficulties at school or work: person is frequently absent from school or work, may seem uninterested in school or work activities, or has a drop in grades or work performance
- Physical Health Difficulties: person shows a lack of energy, motivation, weight loss or gain, and/or red eyes
- Neglected Appearance: person shows a lack of interest in clothing, grooming, or maintain their physical appearance
- Changes in Behavior: person goes out of their way to avoid having friends or family members enter their home or room, is being secretive about where they are going, or has drastic changes in behavior and relationships with family/friends
- Money Difficulties: person suddenly requests money without explanation, it is discovered that money or items are missing or have been stolen, possibly indicating they are being sold to support substance use

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