

What are the signs of substance use problems?

Recognizing that you're going through a hard time is tough, especially if you've gotten used to "just getting by." It's important to ask yourself, "Am I coping by turning to substances, like drugs or alcohol?"

If you're questioning what you've turned to lately, below are signs that you may be misusing drugs, alcohol or other substances.



Physical changes:

- Sudden weight loss or gain
- Changes in appetite and sleeping patterns
- Not taking care of one's appearance
- Bloodshot eyes
- Slurred speech
- Increased thirst



Psychological signs:

- Feeling paranoid, anxious or fearful
- Unexplained change in personality or mood
- Increased agitation or anger
- Lack of motivation



New or different behavior:

- Neglecting family and friends
- Abandoning duties at home, school or work
- Having sudden unexplained financial problems
- Getting into legal trouble
- Continuing to use substances regardless of bad consequences



Sources: Indian Health Service (IHS), Alcohol Rehab Guide, University of Iowa Stead Family Children's Hospital (UIHC), Breathe – The Lung Association, DrugFree.Org



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Visit TurnToSupportsTX.org for more resources and ways to find help.

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