NEWSLETTER

SUBSTANCE ABUSE
WHAT YOU SHOULD KNOW

Substance Abuse (SA) is the excessive use of a substance; either illegal drugs, alcohol or prescription medication. Substance abuse can lead to physical, emotional and psychological harm to both the abuser and other individuals as well.

COMMONLY ABUSED SUBSTANCES

Commonly abused drugs include;

- **Alcohol**
- **Tobacco**
- **Marijuana**
- **Stimulants like Cocaine and Methamphetamine (Meth).**
- **Club drugs like Ecstasy, Ketamine and Rophynol.**
- **Hallucinogens like LSD and Mushroom.**
- **Narcotic pain killers like Codeine, Tramadol and Morphine.**
- **Inhalants like Glue, Lighter fluid, Paint thinner and Gasoline**
- **Tranquilizers like Valium and Ativan.**
- **Over the counter drugs like cough syrup and decongestants.**

SIGNS OF SUBSTANCE ABUSE

Some signs of substance abuse include;

1) Changes in behavior like increased aggression, lack of motivation, irritability.
2) Frequently missing out on school or work.
3) Loss of interest in personal hygiene and grooming.
4) Unusual spending and borrowing to feed the addiction.
5) Individuals develop unusual and unhealthy relationships.
6) Individuals may withdraw and isolate themselves in order to hide their addiction.
7) Blood shot eyes or frequent bloody nose.

DID YOU KNOW?

- Long term use of marijuana can lead to respiratory problems and immune system suppression.

- Alcohol abuse has been linked to increased aggression, impaired judgment, depression, anxiety, sexual dysfunction and relationship problems .

- Substance Abusers with underlying mental health issues face the risk of triggering latent mental health problems.

- Abuse of drugs in combination with alcohol can have life threatening consequences.

- Over time, abusers develop tolerance to the sesubstances, needing a higher dose to achieve desired results.