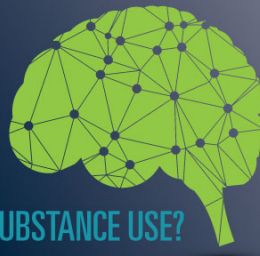


HOW DO I KNOW

IF I HAVE A PROBLEM WITH SUBSTANCE USE?



If you can't seem to stop taking drugs or alcohol – even if you want to – or if the urge to use is too strong to control and you know it is causing harm, you might have a substance use disorder.

ASK YOURSELF:

1 | Do you think about or crave drugs or alcohol often?



Have you ever tried to stop or cut down on drug or alcohol use but couldn't?

2

3 | Have you ever felt as though you wouldn't be able to fit in or have a good time without being under the influence of drugs or alcohol?

Do you find yourself using more than you meant to or needing more to get the same effect?

4



5 | Have you ever used a drug without knowing what it was or how it could impact you?

Have you ever taken one drug to get over the effects of another?

6

7 | Have you ever made a mistake at a job or at school because you were using drugs or alcohol?

Does the thought of running out of drugs or alcohol scare you?

8

9 | Have you ever stolen drugs from someone or stolen in order to pay for drugs?

Have you ever been arrested or hospitalized because of your drug or alcohol use?

10

11 | Have you ever overdosed?

Has using drugs or alcohol hurt your relationships with family and friends?

12



If the answer to some or all of these questions is "yes," you might be struggling with a substance use disorder or problem substance use. People from all backgrounds can develop a substance use disorder. *Don't wait for your symptoms to worsen before you seek treatment; addiction tends to become more severe the longer it is left untreated.*

You are not alone. Get an assessment today and begin to develop a treatment and recovery plan with a healthcare provider. Reaching out for guidance from a clinician or calling a national hotline is a great place to start.

NATIONAL HELP LINES

SAMHSA Treatment Referral Hotline

1-(800) 662-4357

National Suicide Prevention Lifeline

1-(800) 273-8255

If you or someone you know is experiencing a medical emergency call 911 right away.

Visit AddictionPolicy.org for more information