

# How To Know There's A Problem:

## **Changes in Behavior:**

Noticeable shifts in mood, personality, or behavior can signal an issue. This might include increased irritability, withdrawal from social activities, or sudden changes in friends.

## **Neglecting Responsibilities:**

If your loved one is consistently neglecting work, school, or family obligations, it could be a sign of substance abuse.

## **Increased Secrecy:**

If your loved one becomes more secretive about their activities, whereabouts, or who they're spending time with, it may indicate an underlying issue.

## **Physical Changes:**

Look for changes in physical appearance, such as weight loss or gain, poor hygiene, or unusual body odors.

## **Social Withdrawal:**

Pulling away from friends, family, and activities they used to enjoy.

## **Increased Tolerance:**

Needing larger amounts of a substance to achieve the same effect, or using more frequently.

## **Mood Swings:**

Frequent mood changes or emotional instability can indicate substance use.

## **Financial Issues:**

Unexplained financial problems, such as borrowing money frequently or having unexplained expenses, may suggest drug or alcohol use.

## **Withdrawal Symptoms:**

If your loved one exhibits signs of withdrawal—such as shaking, sweating, anxiety, or nausea—when not using substances, this is a strong indication of dependence.

## **Legal or Relationship Problems:**

Ongoing legal issues or conflicts with family and friends can also signal a deeper problem.

## **Denial or Minimization:**

Refusing to acknowledge the problem or downplaying the severity of their substance use.

## **Manipulative Behavior:**

Lying or being deceitful about their activities or whereabouts, often to hide substance use.

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855-896-4236

# When It's Time To Get Help:



## **Risky Behavior:**

If your loved one is engaging in dangerous activities, such as driving under the influence or mixing substances, it's crucial to intervene.



## **Declining Health:**

Noticeable health decline—both physical and mental—warrants concern. If they are experiencing frequent illnesses or mental health issues, it's time to seek help.



## **Inability to Stop:**

If your loved one has tried to cut back or quit on their own but has been unsuccessful, professional help is likely needed.



## **Thoughts of Self-Harm:**

Expressing feelings of hopelessness, depression, or having thoughts of self-harm or suicide.



## **Overdose Risk:**

Previous overdose experiences or close calls that highlight the dangers of their substance use.

Noticing the warning signs of someone struggling with addiction is really important because it gives you the chance to **step in before things get worse**. By the time the signs become noticeable, it's likely that the person has been facing significant challenges, but **may be unable or unwilling to seek help on their own**.

Addiction can take a **heavy toll on a person's physical and emotional health**, and the earlier you can offer support, the better. Recognizing signs like mood changes, withdrawal from others, or neglecting responsibilities can be a signal that it's time to **gently encourage them to get professional help**.

**Addiction is complicated**, and trying to tackle it alone can feel overwhelming and incredibly challenging. **A professional can offer the right support, tools, and guidance** to help someone through the recovery process. With the proper help, they'll have a much **stronger chance at healing** and making lasting positive changes in their **life**.

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