

Signs and Symptoms of Substance Use Disorders

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), **substance use disorders** occur when the recurrent use of alcohol and/or drugs leads to clinically significant impairment, including health problems, disability, and the inability to meet major responsibilities at work, school, or home.

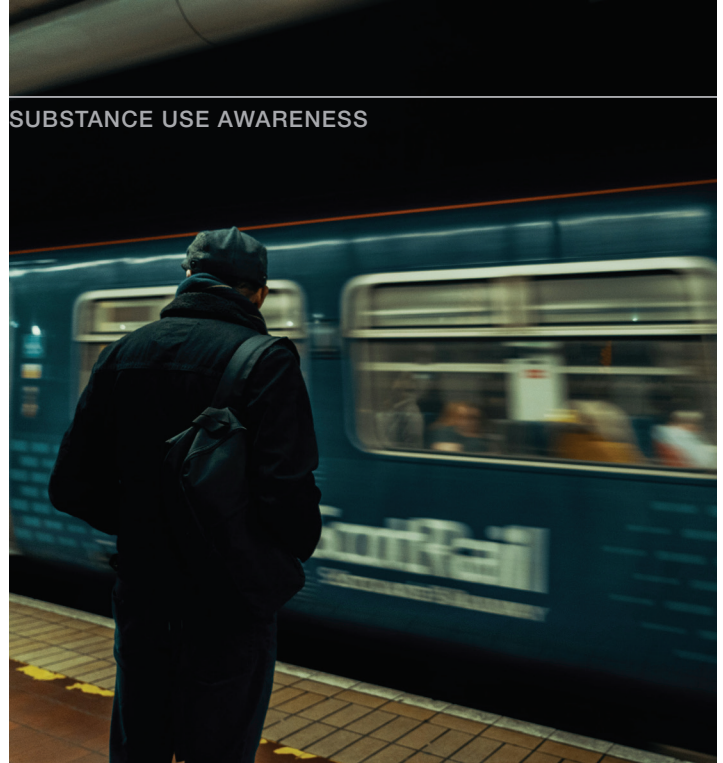
To learn more, find support, or access mental health treatment services in your area reach out to the EAP or SAMHSA:

Employee Assistance Program:

- EAP4YOU.com
- 800-327-4968 (800-EAP-4YOU)
- TTY: 877-492-7341

SAMHSA:

- National Helpline: 800-662-HELP (4357)
- Online treatment locator: findtreatment.gov
- Text your ZIP code to 435748



Physical Signs:

- **Changes in Appearance:** Bloodshot eyes, poor hygiene, and weight fluctuations
- **Health Issues:** Nosebleeds, tremors, and fatigue
- **Tolerance:** Needing more substance for the same effect

Behavioral Signs:

- **Increased Use:** Using more than initially intended
- **Withdrawal Symptoms:** Anxiety, nausea, sweating, and shaking when stopping
- **Avoiding Responsibilities:** Missing work, school, or social events

Emotional and Psychological Signs:

- **Mood Swings:** Extreme highs and lows, irritability
- **Loss of Interest:** Avoiding previously enjoyable activities
- **Risk Taking:** Engaging in dangerous behaviors

Social Signs:

- **Relationships Issues:** Conflict with family or friends
- **Social Isolation:** Withdrawing from loved ones
- **Secretive Behavior:** Hiding usage, defensiveness

Cognitive Signs:

- **Memory Problems:** Trouble recalling or focusing
- **Denial:** Ignoring the negative impact of substance use
- **Obsessive Thinking:** Constantly thinking about using