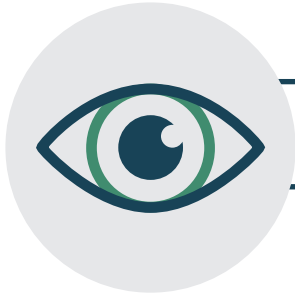


Signs of Substance Misuse

Substance misuse can happen in any household. If you aren't sure whether your loved one has a substance use disorder, watch for these basic behavioral and environmental clues:



Physical Clues

- Dilated or constricted pupils, bloodshot eyes
- Bad breath, strange smelling clothing or body odor
- Rapid weight gain or loss, appetite changes
- Poor coordination, slurred speech, consistent shaking or tremors
- Change in sleep habits



Psychological Clues

- Lack of concern for personal hygiene and appearance
- Appearing "spaced out"
- Paranoid, agitated, or fearful
- Periods of increased energy and mood instability
- Unexplained changes in attitude or personality



Paraphernalia Clues

- Injection: rubber cord, syringes, spoons, cotton balls, lighter
- Smoking: Glass or metal pipes, lighters, straws, tin foil
- Snorting: Razor blades, rolled up dollar bills, small mirrors

It can be painful and hard to talk to someone who may be struggling with substance misuse. If you need help confronting a loved one about their substance misuse, please contact ACCADA at (419) 289-7675. You may also contact the Mental Health and Recovery Board of Ashland County's crisis hotline: Call (419) 289-6111 or text 4HOPE to 741741



ACCADA
Ashland County Council on
Alcoholism and Drug Abuse