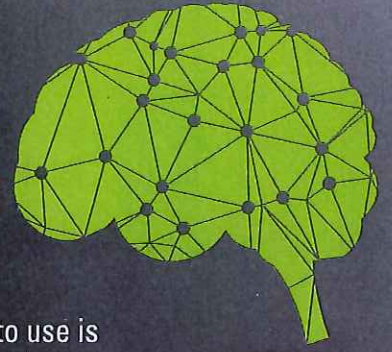


HOW DO I KNOW IF I HAVE A PROBLEM WITH SUBSTANCE USE?



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.

Visit AddictionPolicy.org for more information

Source / NIDA: <https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-you-have-problem-drugs-adults>



www.getcleannowclermont.org

Need Help?

Clermont County SAVE Line

513-528-SAVE (7283)