



5 Signs of Substance Abuse

By recognizing the signs of substance abuse, you're able to help someone get the care they need. Here are five signs something may be wrong:

1. Difficulty performing at work or at school—

Take note if you see a sudden change in or peculiarities with someone's performance.

2. Disinterest in favorite hobbies or activities—

Is a favorite passion no longer important? Are there inconsistent or indifferent reactions to good news? They could be signs.

3. Increase in cagey or secretive behavior—

If someone close to you begins to shut you out or keep secrets, ask questions and let the person know you're concerned.

4. Significant change in relationships—Is the person pulling away from the people who care? Substance abusers simply want to use—rather than give what healthy relationships need.

5. Unexplained financial neediness—Abuse impacts personal finances. If you're being asked to lend money without a clear, logical explanation, it's a potential sign for concern.

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