



# 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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