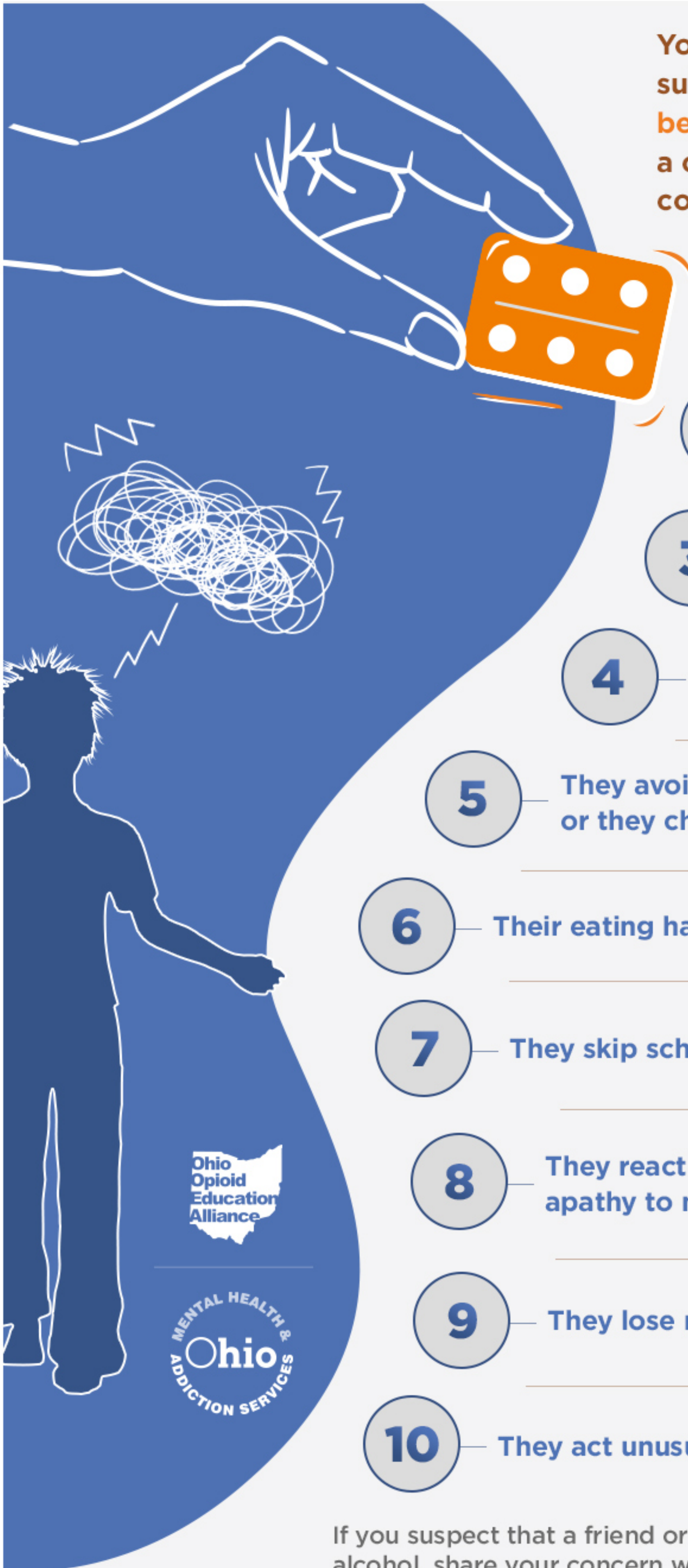


IDENTIFYING THE SIGNS OF SUBSTANCE MISUSE AND ABUSE IN YOUR FRIENDS AND PEERS

You don't have to be an adult to notice the signs of substance misuse and abuse. Often times, friends can be the first ones to recognize the signs. If you notice a combination of any of these 10 signs, your friend could be struggling with substance misuse or abuse.



- 1 They have an abrupt change in their personality, mood and behavior.

- 2 They lose interest in hobbies and activities they once enjoyed.

- 3 They talk about death or threaten suicide.

- 4 They spend more time alone and withdraw from social activities.

- 5 They avoid or abandon long-time friends, or they change friend groups.

- 6 Their eating habits change or they lose weight.

- 7 They skip school and assignments and let their grades drop.

- 8 They react negatively, aggressively or with apathy to most things.

- 9 They lose motivation and cannot concentrate.

- 10 They act unusually worried, fearful or anxious.

If you suspect that a friend or peer is misusing or abusing drugs or alcohol, share your concern with a parent, teacher or school guidance counselor. If you know someone in need of treatment for substance misuse and abuse, help can be found at FindTreatment.gov.

