

Substance Use Disorders

What are substance use disorders?

A substance use disorder is a mental health disorder that can affect a person's mind and behavior. A person becomes unable to control their use of substances such as drugs and alcohol. Addiction is the most severe form of substance use disorders. Mental health disorders can contribute to substance use disorders.

Symptoms of Substance Use Disorders

Symptoms include:

- Symptoms of being under the influence of substances:
 - Bloodshot eyes
 - Slurred and confused speech
 - Impaired coordination
- Change in appetite or sleep patterns
- Changes in weight (gain or loss)
- Tolerance to substance
- Neglecting responsibilities
- Feeling tired or 'spaced out'
- Appearing fearful, anxious, or paranoid for no reason



How to confront Substance Use Disorders

Treatment for substance use disorders is specific to an individual. It is important that you speak with a therapist or medical professional to properly evaluate these disorders. Substance use disorders can lead to addiction which can take over one's life.