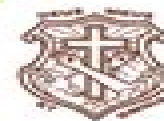


# SPOT THE SIGNS OF DRUG ABUSE



1. Tried to quit or cut back more than once with no success
2. Drinking or using drugs interferes with responsibilities like home, family or work
3. Dramatic change in appearance
4. Continues to drink or use substances even though they cause depression or anxiety
5. Spends too much time or money on drinking or drugs
6. Gotten into unsafe situations as a result of drinking or using
7. Gotten into legal troubles as a result of drinking or using
8. Has signs of withdrawal when going without alcohol or drugs — shakiness, trouble sleeping, nausea, sweating or a racing heart



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# Substance Abuse A Self Teaching Guide For Health Professionals

**Carla F. Shelton, Alice B. Pollingue**



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