

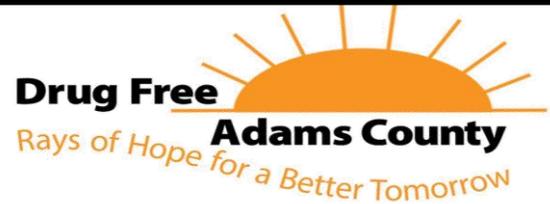
Drug Free Adams County

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Signs of a Substance Use Disorder

A substance use disorder (SUD) is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. A SUD can occur simultaneously in individuals with mental health disorders, usually to cope with overwhelming symptoms.

Questions to ask

The following questions may help determine if an individual has a substance use disorder. The more "yes" answers, the more likely the individual has a SUD.

- Have you ever felt you should cut down on your substance (drinking or drug) use?
- Have you tried to cut back, but couldn't?
- Do you lie about how much or how often you drink or use drugs?
- Are you going through prescription medication too fast?
- Have your friends/family members expressed concern about your substance use?
- Do you ever feel bad, guilty, or ashamed about your substance use?
- Have you ever blacked out from substance use?
- Has your substance use caused problems in your relationships?
- Has your substance use gotten you into trouble at work or with the law?



How you can help...without losing you

Because resistance to treatment is common, and the road to recovery can be long, the best way to help someone is to first accept what you can and cannot do. You cannot force someone to remain sober, nor can you make someone take their medication or keep appointments. What you *can* do is make positive choices for yourself: seek support, set boundaries, educate yourself, and be patient. Encourage your loved one to get help and offer your support, while making sure you don't lose yourself in the process.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**