

# EVERYTHING YOU NEED TO KNOW

## ABOUT Substance Abuse



Well-being Safety Assessments  
[www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)  
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### What is Substance Abuse?

Substance Abuse is a disease that affects the person's brain and behavior. It leads to a pattern of repeated drug or alcohol use that interferes with daily life, health, work and/or social relationships.



### If Substance Abuse is suspected, what should I do?

If you suspect you or someone you know is addicted to a substance contact SMHSA-Substance Abuse Mental Health Services Administration at 1-800-662-HELP (4357).

This national helpline is free, confidential, and open 24/7. It provides local referral information.



### Substance Abuse Hotlines

Emergency Situations 911  
Substance Abuse Mental Health Services Administration  
1-800-662-4357  
Addiction Center  
1-855-602-6100  
Lines for Life  
1-800-273-8255 or Text (273TALK) to 839863



### Symptoms of Substance Abuse

Symptoms of substance abuse can vary: Behavioral changes, hallucinations, muscle cramps, paranoia, dilated pupils, chills, sweating, loneliness, guilt, blackouts, dizziness, cravings, aggression, lack of restraint, nausea, vomiting, slurred speech, self-destructive behavior and much more.



### Who can report Substance Abuse?

If you are concerned about yourself or someone else abusing drugs or alcohol, please contact SMHSA for assistance. Students under the age of 21 should not be using illegal substances. Their brain has not fully developed and it can lead to long-term negative effects.



### Resources

Addiction Education Society  
<https://addictioneducationsociety.org>  
Partnership for Drug-Free Kids  
<https://drugfree.org/landing-page/get-help-support/>  
Substance Abuse Mental Health Services Admin.  
<https://www.samhsa.gov/programs>  
Substance Abuse Classes (online)  
[www.well-beingsafetyassessments.com/wsa-classes](http://www.well-beingsafetyassessments.com/wsa-classes)