

- ✓ Do your spouse, parents or friends ever complain about your use of substances?
- ✓ Have you neglected your family, studies or work because of substance use?
- ✓ Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking the substance?
- ✓ Have you had medical problems as a result of your substance use - memory loss, hepatitis or convulsion?
- ✓ Do you have trouble falling asleep or staying asleep?

For people who suffer from substance use disorders, quitting is important and many people often need help to quit.

**Treatment works!
Recovery starts with your understanding about your substance use or a related issue.**

For substance use prevention and counseling:

Contact

NIMHANS Centre for Well Being

1/B, 9th Main, 1st Stage, 1st Phase,
BTM Layout, Bangalore. 560076
Contact- 080 26685948/ 9480829670
OP Services: Monday, Wednesday
Timing: 2 PM - 4 PM
Email: nimhans.wellbeing@gmail.com

**Centre for Addiction Medicine
National Institute of Mental Health
and Neuro Sciences (NIMHANS)**

Hosur Road, Bangalore- 560029
Phone: Office: 080 2699 5360
OP Services: Monday, Thursday & Saturday
Timing: 9 AM – 1 PM
Contact Number: 080 2699 5547
Email: cam.nimhans@gmail.com
pswcamnimhans@gmail.com



**Abusing a substance?
Reach out to
someone...**

**Substance use problems and
related issues are treatable
and
WE WILL HELP YOU**

**NIMHANS CENTRE FOR WELL BEING
and
CENTRE FOR ADDICTION MEDICINE,
NIMHANS**

What are Substance use disorders?

Substance use disorders refer to a range of problems due to the abuse (risky or harmful use) of mind-altering substances.

Why do we use such substances?

Many of us are not aware of the dangers of using such mind-altering substances. We start them out of curiosity, enjoyment, pressure from friends, for relieving tiredness and tension or as a part of our socializing.

Substances commonly abused include:

- Alcohol
- Tobacco
- Cannabis
- Inhalants
- Opioids
- Prescription drugs
- Other drugs like cocaine, amphetamine etc.

What are the harms?

Many problems can arise from the abuse of such substances and may include:

- Violent behavior
- Problems at work
- Problems at home

- Loss of friends or relatives
- Loss of interest in social activities
- Severe physical as well as mental health problems
- Increased risk for sexually transmitted infections
- Suicide
- Legal issues
- Death or injury related to overdose and road traffic accidents

Patterns of substance use commonly causing problems:

- Intoxication
- Using in a risky manner
- Addiction
- Intense craving leading to relapse

Signs and symptoms of substance use or abuse:

Appearance of intoxication:

- Droopy eyelids, red eyes, unusual smell on clothing or breath

Changes in sleep patterns:

- Sleepiness, sleeplessness, restlessness

Poor health:

- Frequently getting ill, runny nose, chest pain, cough

Hygiene:

- Decline in personal hygiene & grooming standards

Appetite:

- Constantly hungry, extreme weight loss or gain

Mood:

- Unexplained mood swings, anxiety, overreaction to mild criticism, poor anger control, losing interest in old hobbies and lack of energy

Addiction

A person addicted to a substance:

- Will have to increase the dose over time to get the same effect
- Loses control over the use
- Uses it despite knowing it is harmful
- Experiences withdrawal symptoms upon stopping including a strong urge to use

These questions can help you decide whether you need help with substance use and related issues

- ✓ Do you feel depressed, anxious, angry or very upset during most of the day?
- ✓ Have you tried to stop using the substance and were not able to do so?
- ✓ Have you used or abused any substance other than those required for medical reasons?
- ✓ Do you ever feel bad or guilty about your use of the substance?