

# SUBSTANCE MISUSE



## WHAT IS IT?

**Substance misuse** is when someone uses substances in high doses or at inappropriate times — ex: binge-drinking. This may lead to health or social issues — ex: relationship conflict.

**Substance Abuse Disorder** is a mental health disorder, and is a clinically significant inability to control one's use of substances — the most severe form is addiction.

**Substance misuse** often occurs alongside other mental health issues, like depression or PTSD, and can preclude serious addictions (**Substance Abuse**). Both *misuse* and *abuse* involve consuming alcohol or drugs to a level that impairs one's behaviour, health, and/or daily life.

## LARGER EFFECTS OF MISUSE

*Even if you're not addicted, substance misuse contributes to social, personal, and public health problems like:*

Teen pregnancy  
Acquisition of HIV  
Transmission of STDs  
Domestic violence & Child abuse  
Traffic Accidents  
Delinquency / Crime / Homicide  
Suicide

## SYMPTOMS OF MISUSE

Anxiety / Hopelessness

Suicidal Ideation

Poor grades and low academic engagement

Changes in appetite and weight

Extreme mood changes

Loss of interest in people and hobbies

## STRUGGLING?

Visit **findtreatment.gov** for a treatment locator — or scan below.



### Resources:

- [healthypeople.gov/2020/topics-objectives/topic/substance-abuse](https://healthypeople.gov/2020/topics-objectives/topic/substance-abuse)
- [samhsa.gov/findtreatment](https://samhsa.gov/findtreatment)
- [samhsa.gov/young-adults](https://samhsa.gov/young-adults)
- [nimh.gov/health/topics/substance-use-and-mental-health](https://nimh.gov/health/topics/substance-use-and-mental-health)
- [ncbi.nlm.nih.gov/pmc/articles/PMC5525418](https://ncbi.nlm.nih.gov/pmc/articles/PMC5525418)