

## **Signs Someone Is Using Drugs or Alcohol**

If you notice unexplained changes in physical appearance or behavior, it may be a sign of substance use - or it could be a sign of another problem. You will not know definitively until a professional does a screening.

### **Physical Signs:**

- Change in sleeping patterns
- Bloodshot eyes
- Slurred or agitated speech
- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Neglected appearance/poor hygiene
- Sick more frequently
- Accidents or injuries

### **Behavioral Signs:**

- Hiding use; lying and covering up
- Sense that the person will "do anything" to use again regardless of consequences
- Loss of control or choice of use (drug-seeking behavior)
- Loss of interest in previously enjoyed activities
- Emotional instability
- Hyperactive or hyper-aggressive
- Depression
- Missing school or work
- Failure to fulfill responsibilities at school or work
- Complaints from teachers or co-workers
- Reports of intoxication at school or work
- Furtive or secretive behavior
- Avoiding eye contact
- Locked doors
- Going out every night
- Change in friends or peer group
- Change in clothing or appearance
- Unusual smells on clothing or breath
- Heavy use of over-the-counter preparations to reduce eye reddening, nasal irritation, or bad breath
- Hidden stashes of alcohol
- Alcohol missing from your supply
- Prescription medicine missing
- Money missing
- Valuables missing
- Disappearances for long periods of time
- Running away

- Secretive phone calls
- Unusual containers or wrappers