

SUBSTANCE ADDICTION SIGNS AND SYMPTOMS



1.

MENTAL

- Strong desire or urge to use substance/s
- Emotional dysregulation
- Tolerance
- Psychological distress when not using
- Ambivalence or denial

2.

PHYSICAL

- Changes in appetite
- Weight loss or weight gain
- Sleeping disturbances
- Changes in appearance
- Gastrointestinal, respiratory impact

3.

BEHAVIOURAL

- Unable to stop using
- Secretive behaviours
- Using substances when alone
- Neglecting responsibilities to use
- Withdrawing socially or having social issues

