

- ✓ Do your spouse, parents or friends - ever complain about your use of substances?
- ✓ Have you neglected your family, study 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

**Center 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 is the harm?

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, 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 grooming standards

Appetite:

- Constantly hungry, extreme weight loss or gain

Mood:

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

Addiction

A person addicted to a substance:

- Needs 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

- ✓ Did you feel depressed, anxious, angry or very upset throughout 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?