

Substance Abuse

Substance abuse is a difficult problem for many to face. Substance abuse can range from mild to severe, and can involve the use of alcohol, caffeine, cannabis, opioids, hallucinogens, inhalants, sedatives and more. It can be hard to notice or admit when the behavior has become problematic. Here are a few things that might help a person determine if they struggle with substance abuse:

- Increased tolerance - The individual who is abusing a substance must take it in larger amounts to gain the same effect
- Spending significant time obtaining the substance, using the substance or recovering from the substance's effects
 - When the use has become more severe, all daily activities revolve around the substance
- Withdrawal - When the body physically reacts or is substantially declining due to the lack of the substance in the system
- Repeated relapses after several attempts to quit
- Social impairment - Inability to fulfill obligations and perform duties at work, school or home
 - Continuing to use the substance despite having problems that are exacerbated from use
 - These problems can include interpersonal relationships that decline or suffer as a result of the substance use
 - Involvement in social, occupational or recreational activities is greatly reduced or completely given up on
- Risky use - Using the substance in situations that are physically or psychologically hazardous
- Continuing to use despite knowing there is a physical or psychological problem caused or made worse by the substance

Additionally, physical symptoms can include changes in appetite or sleep patterns, as well as sudden weight loss or gain. Other psychological signs, such as mood swings leaning toward irritability or anger, periods of hyperactivity, lack of motivation, anxiety or personality changes are to be paid attention to as well.

The GCU Office of Student Care is here to help. You can make an appointment for a confidential consultation to help find support by clicking the How to Make an Appointment tab. > link to how to Make an appointment

For more help you can visit <https://www.samhsa.gov/find-treatment> to find a treatment location, or call the SAMHSA national helpline at 1-800-662-HELP (4357).