Substance Abuse

What is Substance Abuse?

Why worry about Substance Abuse?
Substance Abuse is...

• the excessive consumption or misuse of a substance for the sake of its non-therapeutic effects on the mind or body;
• drugs most often associated with this term include alcohol, amphetamines, barbiturates, benzodiazepines, cocaine and opiates.
Why worry about substance abuse???

- Negative influence on society
- Intertwined with psychiatric problems
- Relationship between substance abuse and violent behavior
Signs of a Substance Abuse

- Neglecting responsibilities & change in mood/personality
- Using drugs under dangerous conditions
- Drug usage causing legal problems
- Drug usage causing problems in relationships
HELP!!!
Positive interventions...

• Speak Up
• Seek help
• Sustain a support system
University Counseling Center 713-313-7804
After Hours Emergency 713-313-7000
Houston Crisis Hotline 713- HOTLINE
Substance Abuse and Mental Health Services Administration 1-800-662-HELP