



REAL
PEOPLE

REAL
PROBLEMS

REAL
SOLUTIONS

ALLEVIATING DISTRESS AND PROMOTING HEALTHY FUNCTIONING BY PROVIDING SHORT-TERM COUNSELING SERVICES.

University Counseling Center

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Substance Abuse

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



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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