The indicators or warning signs associated with alcohol and drug addiction, are similar to a variety of physical and mental disorders.

They are not meant to substitute for a screening or qualified clinical assessment.

Warning signs of alcohol and substance misuse can manifest in many forms, such as, physical, behavioral and psychological.

Warning signs can vary depending on the type of substance being used.

### Physical Warning Signs of Alcohol or Substance Misuse
- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Deterioration of physical appearance, personal grooming habits
- Runny nose or sniffing
- Sudden weight loss or weight gain
- Tremors, slurred speech, or impaired coordination
- Unusual odors on breath, body, or clothing

### Behavioral Warning Signs of Alcohol or Substance Misuse
- Using causes difficulties in one's relationships
- Engaging in secretive or suspicious behaviors
- Frequently getting into legal trouble, including fights, accidents, illegal activities, and driving under the influence
- Neglecting responsibilities at work, school, or home, including neglecting one's children
- Sudden change in friends, favorite hangouts, and hobbies
- Unexplained need for money or financial problems; may borrow or steal money
- Using drugs under dangerous conditions (driving while using drugs, using dirty needles, having unprotected sex)

### Behavioral Warning Signs of a Substance Use Disorder (SUD)
- Increased drug tolerance (the need to use more of the drug to experience the same effects one used to achieve with smaller amounts)
- Using drugs to avoid or relieve withdrawal symptoms (nausea, restlessness, insomnia, depression, sweating, shaking, anxiety)
- Loss of control over drug use (using more than intended, unable to stop)
- Life revolves around drug use (always thinking of using, figuring how to get more, or recovering from use)
- Abandoning enjoyable activities (hobbies, sports, and socializing) to use drugs
- Continuing to use regardless of negative consequences (blackouts, infections, mood swings, depression, paranoia)
Psychological Warning Signs of Alcohol and Substance Misuse

- Appearing fearful, anxious, or paranoid, with no reason
- Lack of motivation; appearing tired or "spaced out"
- Periods of unusual increased energy, nervousness, or instability
- Sudden mood swings, increased irritability, or angry outbursts
- Unexplained change in personality or attitude

Warning Signs of Commonly Misused Drugs

**Depressants (including Xanax, Valium, GHB):** Contracted pupils; drunk-like; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness

**Inhalants (glues, aerosols, vapors):** Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash

**Hallucinogens (LSD, PCP):** Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects; slurred speech; confusion

**Heroin:** Contracted pupils; no response of pupils to light; needle marks; sleeping at unusual times; sweating; vomiting; coughing; sniffling; twitching; loss of appetite

**Marijuana:** Glassy, red eyes; loud talking; inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss

**Stimulants (including amphetamines, cocaine, crystal meth):** Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose