

When is Substance Use a Problem?



Substance Use Can Be a Problem

Sometimes drugs/alcohol can release chemicals creating pleasure for the brain. This can lead to dependence on substances and to negative long and short-term effects on physical and mental health.



How to Avoid Substance Use Problems

There are countless ways to get help and there are precautions we can all take to deal with and prevent substance use problems.

Be around people who uplift you!

Stay away from negative environments!

Use positive coping strategies!



Short-Term Effects Long-Term Risks

- Fatigue
- Intense rush of emotions
- Clouded judgement
- Impact on school attendance and performance
- Problems in personal relationships

- Dependence on substances
- Anxiety/depression and mental health concerns
- Ongoing relationship issues
- Neurological changes
- Damage to organs

Check out kidshelpphone.ca for more information

