

YOU MATTER.

USE SUBSTANCES SAFELY

DEPENDENCY OR ADDICTION

can happen when we use substances a lot.

You use a substance frequently and crave it

Your relationships with important people aren't going well; they are impacted by your use of substances

You've lost motivation and interest in almost everything but your substance(s) of choice

You use many of your resources on substances and organize your time around using substances

Using substances has become part of all aspects of your life

Here are some signs and symptoms that it is happening.

Substances change your brain chemistry, which changes how you feel, think, and act.

You are not a bad person.

Reach out for help if you want to talk about what is happening

FOR INFORMATION ABOUT YOUTH-FRIENDLY SERVICES IN WELLINGTON COUNTY, SCAN HERE

