



DO YOU RECOGNIZE THESE WARNING SIGNS

There usually are warning signs when we're headed for trouble. If you recognize two or more of these signs, they may be telling you that you or someone you know is headed for trouble.

OF DEPRESSION?

- A noticeable change in eating habits
- Sleep too much or can't sleep at night
- Loss of interest in things once enjoyed
- Feelings of worthlessness and/or guilt
- Using alcohol or drugs to feel better
- Recurring thoughts of death or suicide
- Overwhelming feeling of sadness or hopelessness
- Uncontrolled crying
- Chronic negativism, feeling irritable
- Trouble concentrating or making decisions

OF ALCOHOLISM?

- Intend to take only one drink or to stop totally but continue until drunk
- Feel guilty about drinking but never really try to stop
- Spend a lot of time figuring out how to get drunk
- Drink at inappropriate times (work, school, family time)
- Give up hobbies and outside interests due to drinking
- Build up a tolerance level (have to drink more to get drunk)
- Get physically or emotionally ill when not drinking
- Begin drinking to relieve or avoid getting physically or emotionally ill
- Argue with relatives and friends about drinking
- Know all the above is happening and still keep drinking

(continued on back)

DO YOU RECOGNIZE THESE WARNING SIGNS

OF OTHER DRUG DEPENDENCE?

- Decide to use only once or to stop, but continue to use until you lose control
- Feel guilty about using drugs but never try to stop
- Spend a lot of time planning how to get and use drugs
- Under the influence of drugs during inappropriate times (work, school, family time)
- Give up hobbies and outside interest due to drug use
- Build up a tolerance level and have to use more to get the same effect
- Get physically or emotionally ill when not using
- Begin using to relive or avoid getting physically or emotionally ill
- Argue with relatives and friends about drug use
- Know all the above is happening and still keep using drugs

