

# Alcohol and substance abuse



- ✓ This is a growing concern affecting people of all ages, especially the youth.
- ✓ It not only harms one's physical health but also impacts emotions, relationships, and future dreams.
- ✓ Understanding the problem is the first step toward prevention and recovery

## Signs & Symptoms:

- ✓ Changes in mood
- ✓ Loss of interest in usual activities, Poor performance at school or work
- ✓ Secretive behavior
- ✓ Withdrawal from family and friends.
- ✓ Neglect of personal hygiene.



## Risky Behavior

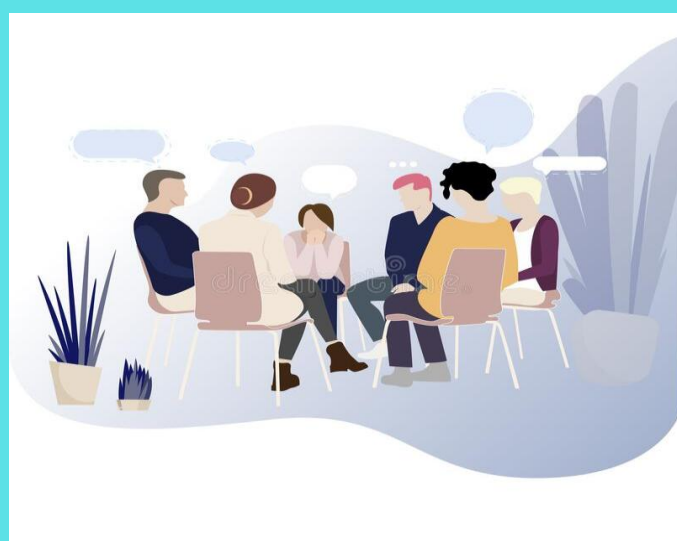


## Causes:

- ✓ Peer pressure
- ✓ Curiosity
- ✓ Stress
- ✓ Family issues
- ✓ Exposure to environments where drug use feels "normal"
- ✓ Escape emotional pain

## Effects of drug abuse

- ✓ Leads to addiction
- ✓ Poor health
- ✓ Loss of trust
- ✓ Broken relationships
- ✓ Accidents, or even death
- ✓ Steals a person's dreams and potential.



## Interventions:

- ✓ Open conversations
- ✓ Counseling
- ✓ Mentorship
- ✓ Family support
- ✓ Education and early awareness help prevent use
- ✓ Rehabilitation

"Don't let a temporary high destroy your lifelong goals. Choose life, choose purpose."