

Disorders of psychoactive substance use are associated with the use of alcohol, drugs (cannabis (marijuana), opioids), as well as conditions such as acute intoxication, overdose and withdrawal syndrome.

What are the signs that you/a loved one has a substance use disorder?

Signs of harmful use that harms physical, mental health (liver damage, depressive episodes), social relationships (eg, family or work problems).

- deterioration of memory, attention (difficulty focusing on a conversation, forgetting what he heard);
- loses thought, cannot draw the simplest conclusions, evaluate the consequences of his actions;
- look untidy;
- the mood is depressed for most of the time, with fluctuations from euphoria to irritability, the appearance of unreasonable fears;
- violation of coordination of movements, gait "uncertain";
- skips work and / or enters into conflicts, quarrels;
- "risky" use (driving, while working with tools)
- changes in appetite or sleep patterns
- unclear need for money or financial difficulties
- sudden changes in social circle (avoids friends or makes new acquaintances)
- requires sleeping pills or painkillers

Signs of substance withdrawal (cessation/reduction of long-term or heavy substance use)

* hand tremor, sweating, vomiting, high blood pressure, restlessness, anxiety, hallucinations, excessive agitation (alcohol);

* dilated pupils, nausea, vomiting, tearfulness, runny nose, goosebumps, anxiety, restlessness, complaints of headaches, in the abdomen (opioids);

* depressed, angry mood, complaints of fatigue, increased appetite, possible suicidal thoughts (stimulants)

Signs of intoxication (overdose)

- the smell of alcohol on exhalation, slurred speech, unsteady gait, impaired consciousness (alcohol);
- poor response to stimuli (visual or auditory), pinpoint pupils drowsy, low respiratory rate, (opioids);
- dilated pupils, agitation, rapid speech, jumping thoughts, euphoria, unregulated, aggressive behavior (anxiety, fussiness), disorientation (stimulants).

How to help yourself

- Ask yourself: Do I want to change my life? What will change if I stop taking PAS? What will I get if I stop using PAS?
- Mark "+" and "-" drinking, "+" and "-" stop drinking to decide whether to continue drinking
- Notice the costs and benefits of using
- Keep a diary of substance use: date, situation of use, dose, consequences, costs of the substance
- Plan how many days a week you will use, at what doses, what risks you will avoid

- Avoid your favorite bar or social contacts that involve excessive drinking.
- Be prepared - Make a list of situations or places (triggers) that make you want to use and learn how to avoid them.
- Make a contingency plan for what to do if you find yourself in a situation or place related to the use of psychoactive substances.

Principles of use with the least damage:

- More time with non-drinkers
- Find out the alcohol content of a drink, know if the number of standard doses in a drink is indicated
- keep a count of consumed doses; to do this, do not allow friends to add drinks (so as not to go astray)
- Eat and drink plenty of water during consumption to avoid dehydration
- Switch to soft drinks that feel intoxicated
- Drink slowly, pause between sips, don't compete to see who has the most to drink.
- Avoid drinking if possible, be persistent - you have the right to refuse and report it.
- Practice different ways of saying no: “no, I don't want to”, “I don't feel well”, “I'm on medication”
- Engage in non-alcohol activities, make drinking a secondary activity rather than a primary one.

If there was a relapse

- Treat it as a separate event, experience. What can he teach you
- Recognize it
- Determine what triggered the relapse? Why, for what reason did the use occur?
- Make a plan for how to deal with the consequences; return to the original plan (no or less use)
- Start implementing the plan immediately without delay

How to help a loved one if he is in an acute condition (intoxication or withdrawal)

- Personal and loved one safety (secure from falling, keep away from dangerous objects, driving)
- Do not leave alone
- Speak calmly
- Assess the risks. If there is a risk to life and health (surfactant poisoning, aggression, suicidal behavior) - call an ambulance

How to help a loved one (4 dimensions of recovery):

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| <p>Health</p> <p>overcoming diseases, healthy lifestyle</p> | <ul style="list-style-type: none"> • Encourage healthy behavior: healthy eating, exercise, self-care offer help to sign up, go to a meeting together) • Give information about opportunities for professional help, social support groups; |
| <p>House</p> <p>stable and secure place of residence</p> | <ul style="list-style-type: none"> • Alcohol-free environment – no substances should be at home, with no exceptions even on holidays • Avoid social encounters with people associated with alcohol |

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| <p>Target</p> <p>meaningful daily activities</p> | <ul style="list-style-type: none"> • Practical help - offer to go to the store together, do household chores, but do not do things “instead of” a person • Encourage routine - a clear routine of the day, study or professional tasks • Encourage participation in volunteering |
| <p>Community</p> <p>relationships, social network providing support</p> | <ul style="list-style-type: none"> • Be respectful. Remember that substance use is often a way to overcome or reduce the pain of a traumatic experience; for a conversation, select a time when your loved one is calm, not under the influence of PAS • Talk about your feelings ("I'm worried about how you feel", "I'm offended by your behavior") <ul style="list-style-type: none"> DO NOT blame, DO NOT criticize, DO NOT feel guilty about a loved one using a substance DO NOT bribe, DO NOT threaten, DO NOT cry, DO NOT issue ultimatums DO NOT drink with the person. DO NOT store alcohol or other surfactants at home DO NOT try to control the person DO NOT make excuses or cover up its use or behavior DO NOT take responsibility for the fact that a person can harm himself or his health. DO NOT force the person to admit they have a problem DO NOT create labels - trust that the person can overcome the addiction • Be prepared to listen to the person's events or experiences, ask what makes them use • Express support, concern; say that recovery is possible, there is no risk of stopping use • Maintain social activity; encourage contact with friends who do not use drugs • Create a 'support team', a circle of people the person can turn to for help, which becomes a resource network; because not everyone can be accessed 24/7 • Respect the right to refuse help. Be prepared if the person does not want to stop using |