



## Substance Use Disorder

MAY IS MENTAL HEALTH AWARENESS MONTH

According to the National Survey on Drug Use and Health, 48.5 million people aged 12 or older experienced substance use disorders (SUDs) in 2024. Below are signs and symptoms of substance use disorder and how to recognize these signs.

### According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, the signs of substance use disorder include:

- Taking the substance in larger amounts and for a longer amount of time than you're meant to if it's a prescription.
- Having a strong desire or urge to use the substance. Having unsuccessful efforts to cut down on or control substance use.
- Spending a lot of time obtaining or using the substance or recovering from its effects.
- Having issues fulfilling responsibilities at work, school or home due to substance use.
- Continuing to use the substance, even when it causes problems in relationships.
- Giving up social, occupational or recreational activities because of substance use.
- Using substances again and again, even when it puts you in danger.
- Continuing substance use despite an ongoing physical or psychological problem that's likely caused or worsened by the substance.
- Developing tolerance (need for increased amounts to get the same effect).
- Experiencing withdrawal symptoms, which can be relieved by taking more of the substance.
- Confusion.
- Neglecting to eat.
- Withdrawing from friends and family.
- Sudden changes in mood and behavior.
- Engaging in risky behaviors.
- Hostility or denial when you're confronted about substance use.
- Not caring about your physical appearance as much as you used to.
- Secretive behavior to hide substance use.
- Using substances even when you're alone.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan this code to take a free, anonymous, online screening.

Source(s): [Cleveland Clinic](#), [SMHSA](#)