

# Are you concerned that a loved one may be addicted to drugs?



## Look out for the following signs of drug or substance abuse

### Changes in personality

- Becoming **disrespectful** – even verbally or physically abusive
- General **change in attitude** for the worst
- Displaying **anger**, aggression, paranoid behaviour and confusion
- Displaying extreme and sudden **mood swings**
- Being **less outgoing** than usual – even depressed
- **Secretive** behaviour – lying about where he/she is going and what he/she is doing
- **Stealing**, 'loss' of possessions he/she used to value
- Seems to have more **money** than usual or he/she is always asking for money
- **Withdrawing** from family and family activities
- **Isolation** from their social environment

### Changes in appearance

- Changes in level of **hygiene** and grooming
- Seeming **less interested** in taking care of physical appearance
- Change in **sleep patterns** – not sleeping or sleeping too much
- **Loss of appetite** and weight loss or **increased appetite** and weight gain
- Becoming **hyperactive** or **lethargic**

**By the time a drug user reaches a state of addiction, he or she may be beyond the point of asking for help. Intervention by loved ones, employers, social workers or law enforcement may be necessary to ensure safety and prevent self-harm.**

### What to do next?

- **Communicate** and **confront**
- **Test** – urine screen tests are available at your pharmacy
- **Get help** if a problem exists
- Withdrawal from certain drugs can be hazardous and even fatal if not **managed professionally**
- **Get professional help** to deal with the situation

**Life Mental Health** is a leading provider of mental health services in South Africa at nine dedicated facilities across five provinces. The mental healthcare services offered at these dedicated facilities include general psychiatry, **treatment for substance dependence or other addictions** associated with psychiatric disorders. Treatments offered include evidence-based drug therapy, individual psychiatric consultations and psychotherapy, group therapy and, where needed, physical therapy.

**For more information about our Life Mental Health units visit  
[www.lifehealthcare.co.za](http://www.lifehealthcare.co.za) or contact us at 011 219 9620**