

Dealing with Substance Abuse

If you suspect that someone special in your life has developed an alcohol or drug problem, then you are not alone. Many families needlessly suffer yearly because they feel ashamed or embarrassed about this type of incident - Well DON'T. Thousands of people yearly sign up for substance abuse programs throughout North Carolina. They are black, white, young, old, male and female. Addiction has no prejudices. This is a very serious problem that should be addressed immediately.

Know the signs of substance abuse. Some common signs of substance abuse are: Relationships with friends or family start deteriorating, communications become difficult, unwarranted financial troubles, excessive sleeping, missing an excessive number of work or school days, person has become extremely withdrawn, excessive weight gain or loss, extreme mood swings, drinking to relieve stress or gain confidence in a situation and memory loss. If some of these signs are present, then consider getting help.

Remember, that when dealing with a person who is abusing drugs or alcohol, do not argue with them while they are high or intoxicated. Wait until morning and discuss the issue then. If caught in an early enough stage, discussing this problem with your loved one may be what it takes to snap them out of this behavior. If professional help is needed, then call the Wayne County Mental Health Department at (919)731-1133. A hotline is also available at (919)736-1313. The link below will also provide you with numerous sources of information concerning Substance Abuse.

Substance Abuse Links