



UNDERSTANDING THE LINK: SUBSTANCE USE AND MENTAL HEALTH IN YOUTH



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WELCOME!



TOPICS OF THE DAY

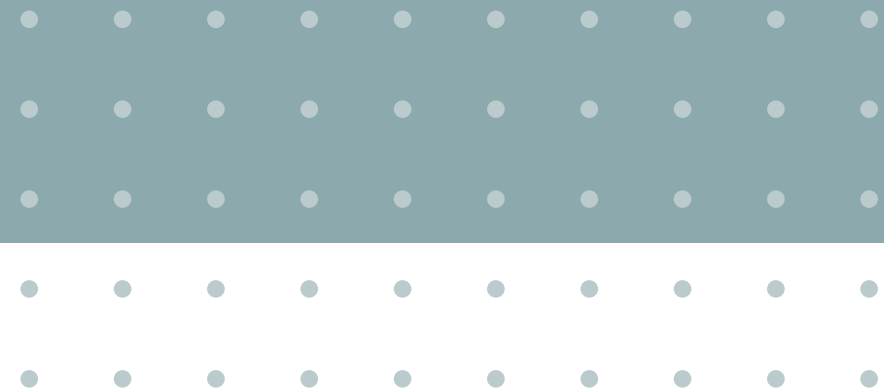


**01. Recognizing substance
use in peers**

**02. Strategies for addressing use in
peers**

01.

RECOGNIZING SUBSTANCE USE ISSUES IN YOUR PEERS



WHAT SUBSTANCES ARE YOUTH USING?

- Alcohol
- Cannabis
- Nicotine
- Cocaine
- Inhalants
- Opioids
- Hallucinogens
- Ecstasy



PHYSICAL SIGNS OF SUBSTANCE USE

- Lethargy
- Bloodshot eyes
- Runny nose
- Irregular sleep
- Weight changes



BEHAVIORAL SIGNS OF SUBSTANCE USE

- Shifts in social circles
- Poor work/school performance
- Secretive behavior
- Neglecting responsibilities



GENERAL SIGNS OF ADDICTION

- Lack of control
- Decreased socialization
- Ignoring risk factors
- Physical effects



02.

STRATEGIES IN ADDRESSING SUBSTANCE USE WITH YOUR PEERS



PREVENTION IS THE BEST STEP

- Start conversations early
- Show strong peer disapproval
- Avoid glorifying substance use
- Limit access
- Network
- Check In Often



WHAT IF YOU SUSPECT SUBSTANCE USE?

- Don't react impulsively
- Do your research
- Raise your concerns calmly with your friend
- Ask questions and keep an open mind
- Foster healthy communication



WHY DO YOUTH USE SUBSTANCES?

