By recognizing the signs of substance abuse, you’re able to help someone get the care they need. Here are five signs something may be wrong:

1. **Difficulty performing at work or at school**—
   Take note if you see a sudden change in or peculiarities with someone’s performance.

2. **Disinterest in favorite hobbies or activities**—
   Is a favorite passion no longer important? Are there inconsistent or indifferent reactions to good news? They could be signs.

3. **Increase in cagey or secretive behavior**—
   If someone close to you begins to shut you out or keep secrets, ask questions and let the person know you’re concerned.

4. **Significant change in relationships**—Is the person pulling away from the people who care? Substance abusers simply want to use—rather than give what healthy relationships need.

5. **Unexplained financial neediness**—Abuse impacts personal finances. If you’re being asked to lend money without a clear, logical explanation, it’s a potential sign for concern.

Want to learn more?
Get more details at PacificSource.com/substanceabuse