

Need to take a closer look? Signs and symptoms of alcohol and other drug use

Consequences of abusing alcohol and other drugs are dangerous, even deadly, and possibly illegal. Knowing the signs and symptoms can lead to earlier intervention and better outcomes.

Behavioral signs and symptoms

- Always uses to intoxication
- Uses at inappropriate times such as before driving, at work, or at school
- Misses work or school
- Damages relationships and performance at school, work, or home
- Steals or borrows money from work, home, or friends
- Secretive, defensive behavior about activities and possessions
- Unusual mood changes
- Abrupt temper outbursts
- Changes in eating or sleeping habits
- Changes in peer group
- Loss of interest in usual activities, pastimes, and hobbies
- Aggressive or physical behavior
- Money or valuables missing from home
- Traveling to locations outside of normal range

Physical signs and symptoms

- Rapid weight gain or loss
- Slow or staggering walk
- Inability to sleep or awake at unusual times
- Unexplained bruises or marks
- Glazed or red eyes
- Pupils larger or smaller than usual, blank stare
- Cold, sweaty palms or shaking hands
- Puffy face, blushing or paleness
- Extreme hyperactivity; excessive talkativeness
- Runny nose, hacking cough

- Needle marks on lower arm, leg or bottom of feet
- Nausea, vomiting, or excessive sweating
- Unusual nose bleeds
- Unexplained breakout of acne/rash
- Unusual odors
- Low or no energy
- Depressed or anxious
- Deterioration of personal appearance or hygiene

To discuss your specific concerns with a Hazelden professional—confidentially and free of charge—call **800-257-7800**.

Addiction is a lifelong disease.
Make the call of a lifetime.



HazeldenBettyFord.org
800-257-7800

We invite you to call us with questions.
We are available 24 hours a day.

Hazelden Betty Ford Foundation, a national nonprofit organization founded in 1949, is a force of healing and hope for individuals, families, and communities affected by addiction to alcohol and other drugs.

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