

## Drug Addiction Signs

There are many signs that an individual may have a drug or alcohol addiction. The drug addiction signs listed below are clues to look for when evaluating this matter. Be aware that possessing several of these signs does not always imply that there is a drug addiction present, but if one is suspected be supportive of the individual in their road to drug addiction recovery.

### Drug addiction signs:

- Increase or decrease in appetite; changes in eating habits, unexplained weight loss or gain.
- Smell of substance on breath, body or clothes.
- Extreme hyperactivity; excessive talkativeness.
- Needle marks or bruises on lower arm, legs or bottom of feet.
- Change in overall attitude / personality with no other identifiable cause.
- Changes in friends: new hang-outs, avoidance of old crowd, new friends are drug users.
- Change in activities; loss of interest in things that were important before.
- Drop in school or work performance; skips or is late to school or work.
- Changes in habits at home; loss of interest in family and family activities.
- Difficulty in paying attention; forgetfulness.
- Lack of motivation, energy, self-esteem, discipline. Bored, "I don't care" attitude.
- Defensiveness, temper tantrums, resentful behaviour (everything's a hassle).
- Unexplained moodiness, irritability, or nervousness.
- Violent temper or bizarre behaviour.
- Unexplained silliness or giddiness.
- Paranoia -- suspiciousness.
- Excessive need for privacy; keeps door locked or closed, won't let people in.
- Secretive or suspicious behaviour.
- Car accidents, fender benders, household accidents.
- Chronic dishonesty; trouble with police.
- Unexplained need for money; can't explain where money goes; stealing.
- Unusual effort to cover arms, legs.
- Change in personal grooming habits.
- Possession of drug paraphernalia.

**To get help from one of our counsellors  
in drug intervention**

**call 0800 169 4803**