



Facing the Consequences of Substance Use

Substance use refers to the consumption of alcohol, tobacco, or other drugs, either occasionally or regularly. It can range from recreational use to more problematic patterns that may lead to substance use disorders, where individuals become dependent or experience negative impacts on their health, relationships, and daily functioning.

The consequences of substance use can be severe and far-reaching, impacting nearly every aspect of a person's life. These effects can be both immediate and long-term, often having a significant impact on physical, mental, and social well-being. Below is an overview of some of the key consequences of substance use:

Impact on Individuals

- Physical Health Risks
- Mental Health Risks
- Stress and Anxiety
- Increased Risk of Injury
- Addiction and Dependence
- Legal Problems
- Financial Hardship
- Decline in Work Performance
- Increased Absenteeism
- Shame and Stigma
- Social Isolation
- Reduced Life Expectancy

Impact on Families

- Relationship Strain
- Conflicts and Tension
- Instability and Insecurity
- Divorce and Separation
- Child Custody Issues
- Neglect and Abuse
- Attachment and Bonding Issues for Children
- Increased Emotional and Behavioral Issues for Kids
- Increased Risk of Substance Use Disorders for Kids

Impact on Communities

- Increased Healthcare Burden
- Spread of Infectious Diseases
- Increased Crime Rates
- Increase in Impaired Driving
- Drug-Related Violence
- Increased Welfare Costs
- Decreased Social Services
- Costs to the Justice System
- Loss of Property Value
- Less Community Engagement
- Strain on Resources
- Decreased Quality of Life

The consequences of substance use can be far-reaching, impacting not only individuals but also their loved ones and community. Recognizing the signs of substance use disorder early is crucial, as it allows for timely intervention through treatment programs, counseling, and support networks. Early support can help individuals reduce these consequences and begin their journey to recovery. Reach out to the EAP for guidance and assistance.