



# Alcohol & Substance Use/Abuse

## **Facts about Alcohol & Substance Use/Abuse:**

The misuse and abuse of alcohol, tobacco, illicit drugs, and prescription medications affects the health and well-being of millions of adults in the United States (National Survey on Drug Use and Health, 2018). Substance abuse can be described as someone continuing to use alcohol or another substance even when it causes problems with work, family, finances, or their health. Examples include drinking large amounts of alcohol and/or drinking frequently; or using a substance outside of how it was intended, or for what/whom it was prescribed. The exposure to a variety of people in college, the stressors of adjusting to new environments, and many other aspects of student life, increase the risk of college substance use disorders.

## **You may be experiencing:**

- Using more of a substance or using/drinking for a longer period than anticipated
- Making efforts to stop drinking or using but being unable to do so
- Having cravings and urges to use alcohol or a substance
- Continuing to use alcohol/the substance even though it causes problems in functioning
- Giving up important social, work, and recreational activities because of the substance
- Taking increased risks related to getting or using the substance
- Needing a greater amount of alcohol or the substance to get the same effect
- Developing physical or emotional withdrawal symptoms when stopping the substance

## **If you can I identify with the symptoms above:**

- Practice Self-care and Self-compassion
- Keep written record of how much alcohol or substance is used and when
- Seek help early.
- Share your concerns with your parents, doctor, or other trusted person
- Visit with a medical provider at the Student Health Center
- Check out Alcoholics Anonymous of La Crosse's website here: <http://www.aalacrosse.org/>
- Check out our Local Narcotics Anonymous website here: <https://bigriversna.org/meetings/>
- Recall that many individuals have struggled with and beat addiction
- **Get Connected.** Contact the Counseling and Testing Center by stopping by calling or visiting our website to learn more about the many services available.