

Substance Abuse

What is Substance Abuse?

Substance abuse is the detrimental use of psychoactive substances.

These substances include alcohol and illegal drugs.

Substance abuse entails overindulgence in substances to the point where it endangers the person's health.



Substance abuse does not necessarily mean addiction.

Addiction is a more severe condition characterized by compulsive use despite harmful consequences.

Substance abuse can range in severity, with some able to control their use while others have more pronounced negative impacts.

Factors for Substance Abuse

01

Societal

Seeking acceptance from peers. Socializing in environments where substance use is normalized.

02

Environmental

Easy access to substances in the environment. Availability in social settings or within communities.

03

Personal

Using substances as a way to cope with stress or challenges. Self-medicating for mental health issues.

Different Ways to Help

01

Education and Awareness

Conduct educational programs to raise awareness about the risks and consequences of substance abuse.

Providing accurate and accessible information about substances, their effects, and the signs of addiction equips individuals to make informed choices and identify potential problems.



02

Building Empathy

Foster supportive environments within families, schools, and communities.

Substance abuse can lead to feelings of isolation and loneliness. A strong support system provides individuals with a sense of belonging and connection.

03

Coping Skills Development

Substance abuse often becomes a coping mechanism for dealing with negative emotions.

By developing healthy coping skills, individuals learn alternative ways to manage these emotions without resorting to drugs or alcohol.

