

# Understanding Addiction



## Warning SIGNS!

Lake County  
ddiction  
Task Force

## Understanding Addiction

### Signs, Symptoms & How to Get Help

Substance use can affect people of all ages and backgrounds. Recognizing the signs early and knowing where to turn for support can make a meaningful difference.



**Signs & Symptoms of Drug or Alcohol Misuse may vary, but common indicators include:**



#### **Behavioral Changes**

- Sudden mood swings, irritability, or withdrawal
- Changes in sleep patterns or appetite, neglect of personal appearance
- Loss of interest in work, school, or relationships
- Increased secrecy or isolation

**Your involvement makes a difference. Let's work together to keep everyone safe, healthy, and substance-free.**

### **Physical Signs**

- Bloodshot eyes or frequent illness
- Unexplained weight loss or gain
- Poor coordination or slurred speech
- Neglect of personal appearance

### **Emotional & Mental Health Indicators**

- Anxiety, depression, or heightened stress
- Low self-esteem or hopelessness
- Difficulty concentrating or making decisions

**Start the Conversation: Early intervention matters.**  
If you notice concerning changes in yourself or someone you care about:

- Speak openly and respectfully
- Listen without judgment
- Encourage support and professional guidance

### **Protective Steps at Home**

- Secure prescription medications and alcohol
- Dispose of unused or expired medications at secure drop boxes at any Lake County law enforcement office

### **How to Access Help**

Support is available, regardless of insurance status.

- Check your health insurance to see what treatment and recovery services are covered
- Uninsured or underinsured? The Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board funds a network of providers offering care regardless of ability to pay
- If there is an emergency call 911, for resources call the Compass Line: 440-350-2000 or visit our website at [HelpThatWorks.us](http://HelpThatWorks.us)

