

Understanding Addiction



Warning SIGNS !

Lake County
 **addiction**
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**