



SUBSTANCE USE

Resource Guide

SIGNS • RISKS • PREVENTION



WHAT IS SUBSTANCE USE?

The use of a legal or illegal substance that has the ability to alter an individual's way of thinking, behaving, and/or feeling.



Can range from experimental use to regular and non-problematic use to misuse/abuse.



Can interfere with crucial brain development, which can lead to cognitive and emotional impairments.



Can negatively impact and disrupt things such as relationships and careers, and even cause legal troubles.



Prescription/Over the Counter medications, illegal drugs, and alcohol are all examples of substances that have the ability to be abused and harmful.



Individuals with substance use disorder have higher rates of physical and mental illnesses.

SIGNS & SYMPTOMS OF SUBSTANCE USE

These symptoms may vary based on the type of substance that is being used, but can be fairly similar.



Drowsiness



Problems Concentrating



Slurred Speech



Memory Problems



Lack of Coordination



Paranoia



Slowed Reaction Time



Hallucinations



Irritability



Red Eyes



Positive or Negative Changes in Mood

SIGNS OF SUBSTANCE DEPENDENCE

- The urge to use a substance regularly, either everyday or multiple times a day
- Experiencing intense urges that block out any other thoughts
- Spending excessive money on a substance, even if you don't have the money
- Failing in your attempts to stop using the substance
- Experiencing withdrawal symptoms when you attempt to stop using a substance
- Developing tolerance for a substance



SIGNS OF AN OVERDOSE!

- **Cold, Clammy Skin**
- **Pinpoint Pupils**
- **Cyanosis (bluish tint to skin, lips, and nails)**
- **Slowed Respiration**
- **Unconsciousness**

STATISTICS



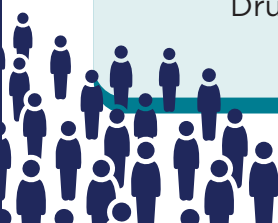
Accidental drug overdose is a
LEADING CAUSE OF DEATH

among **individuals under the age of 45**. (National Center for Drug Abuse Statistics, 2025)

IN 2024, APPROXIMATELY 40.7 MILLION ADULTS

in the US, aged **18 or older** had a substance use disorder. This makes up about **15.6% of the US population**. (Substance Abuse and Mental Health Services Administration, 2024)

In the US, **drug overdoses have killed OVER 1 MILLION PEOPLE** since **1999**. (National Center for Drug Abuse Statistics, 2025)



IN 2024, 52.6 MILLION PEOPLE

were in need of substance use treatment, but **only 1 out of 5 received any treatment**. (Addiction Policy, 2024)



RISK FACTORS

Certain factors may increase your risk and likelihood of developing a substance use disorder, including:

- Family history of substance use disorders
- Personal trauma
- Easy access to drugs
- Peer Pressure
- Rejection from family due to varying circumstances (such as sexual orientation)
- Low academic achievement
- History of childhood sexual abuse
- Mental illness



PROTECTIVE FACTORS



COMMUNICATE



LISTEN



SET A GOOD EXAMPLE



STRENGTHEN THE BOND

RESOURCES



- **988 Suicide and Crisis Lifeline**
- **SAMHSA National Helpline at 1-800-662-HELP (4357)**
- **Substance Abuse and Addiction Hotline at 1-844-289-0879**
- **Narcotics Anonymous**
 - 24 Hour Hotline, Referral to NA Groups, Available 24 hours a day
 - 713-661-4200
- **Houston Recovery Center - Sobering Center:** Houston Recovery Center offers both sobering and addiction recovery programs. The sobering center is a safe, short term stay to sober up in clean dorms that are separated by gender. For immediate assistance, call 713-236-7800 or visit houstonrecoverycenter.org
- **The Council on Recovery:** The Council on Recovery provides substance abuse treatment. These services are available even without legal status, services are available in spanish, outpatient treatment, documents/ID required to receive treatments. Visit councilonrecovery.org or call 713-942-4100.

HOW TO HELP A FAMILY MEMBER OR FRIEND:

- ✓ Educate yourself on alcohol, drug use, and addiction
- ✓ Speak up and offer your support
- ✓ Express love and concern
- ✓ Don't expect the person to stop without help
- ✓ Support recovery as an ongoing process



CRIME STOPPERS OF HOUSTON

3001 Main St.
Houston, TX 77002
(713) 521-4600
www.crime-stoppers.org



How To Report a Tip:



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org



SafeText

Title Sponsor 

Safety At Your Fingertips



901-4SAFETY

Accessing Free Resources is as Easy as 1-2-3

1

Text "Hi" or
"Hola" to
901-472-3389

2

Visit the Menu
of Services

3

Search by
audience and
topic

Parents: Text "I am a parent looking for **Your Topic Here**"
(ie. Mental Health Resources)

Educators: Text "I am an educator looking for **Your Topic Here**"
(ie. Substance Abuse Prevention Resources)

Community Member: Text "I am a community member
looking for **Your Topic Here**" (ie. Upcoming Events)

*Updated 6/30/2026