Substance Abuse RESOURCES

You are not alone!

What can I do if I think I have a substance abuse problem?

Talk to someone	Healing does not happen in isolation - we need community and support from those around us. Hiding perpetuates shame.
Get counseling	Make sure that your counselor is a licensed substance abuse counselor (CAADC)
Talk to a pastor or mentor	Addiction affects every part of us - mind, body, and spirit. We need to invite God into every part of our lives - including the dark parts
Lifestyle changes	See below for specifics
Inpatient rehabilitation treatment	For individuals who have significant withdrawal symptoms or find that outpatient counseling is not effective

Lifestyle Changes

Change your daily routines and habits - go a different route home, leave at a different time, hang out with different people

Get involved with activities outside of school to stay busy

Make friends with people who don't use substances

Avoid negative people or people who don't encourage you in your desire to not use substances

Manage your stress

Avoid/limit screen time (especially social media)

Exercise
Get enough sleep
Eat a healthy diet and drink plenty of water

Apps and More for Substance Abuse Recovery

I Am Sober	tracks down to the second and shows you how much money you've saved, shows a withdrawal timeline
Recovery Today Magazine	inspirational and informative articles
Sober Grid	social networking for people in recovery, daily "quests"
Sober Tool	tools for when a craving hits
Nomo	can track emotional turning points and feelings throughout the process and can share with support people
SMART Recovery	recovery website, resources, and meetings

Addictions Through a Christian Lens

Love the people in your life struggling with addiction
Drug or alcohol abuse does not mean that you are a failure, or that God has given up on you
Our body, mind, and spirit are all interconnected - healing in all these areas is important
God loves you - cry out to Him in the valleys of life, engage in a life of prayer
Memorize scripture: 1 Corinth 10:13-14, James 4:7, 1 Peter 5:10, Psalm 50:15

Substance Abuse Signs

It has become habitual - a way of life	Using in risky or dangerous situations
Taking risks while using	Neglecting school responsibilities
Causing problems in relationships	New friends who also use
Use to avoid withdrawal symptoms	Feel out of control of use
Life is starting to feel like it revolves around the substance	Higher levels of anger
You continue to use even though you know it is hurting you	Decreased memory, concentration