

Alcohol and Drug Abuse

Students don't usually set out to develop an addiction to alcohol or drugs. Rather, the addiction process often sneaks up on them and takes them by surprise. Due to the psychological and physiological processes involved, what starts out as moderate use can transform into higher and higher tolerance for the substance, which then leads to a requirement for a larger amount of the drug or drink to achieve the same effects. This process is involved in the early stages of addiction, and it can sometimes go by almost unnoticed to the user.

There are other milestones in the addictions process, ones that are easier to detect if you know what to look for.

Alcohol and drug use become a problem when it causes problems.

Common alcohol and drug-related problems

- Diminished academic performance
- Conflict in intimate relationships
- Depression
- Sleeping problems
- Unwanted sex, sexual coercion, or sexual difficulties
- Indifference to appearance and behavior
- Legal or judicial entanglements
- Health issues, such as chronic colds or infections
- Alienation of friends or family members
- Financial concerns
- Loss of interest in former hobbies or pastimes
- Lack of pleasure from normal, positive things in life

If you are experiencing one or more of these problems as a result of your alcohol or drug use, you have an early warning signal for addiction. Do something now. Call the UM Counseling Center at 665.6262 for help.

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UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call 665.6262 or stop by the lower level of Main Hall



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