



How can I tell if my child or my friend is using drugs?

Physical signs

- Weight loss, pale face, circles under the eyes or red eyes, frequent use of eye drops
- Unexplained skin rashes, persistent cough, frequent colds Changes in sleeping or eating patterns
- Deterioration of personal hygiene
- Obvious intoxication
- Cuts or burns on the hands
- Discoloration of the fingers and hands
- Puncture marks from needles, on the hands, wrists, inner elbow joint with bruising
- Runny nose or nose bleeds
- Excessive sleeping

Changes in behavior

- Increased need and use of money
- New friends, lying or secretiveness, mysterious phone calls
- Quitting or getting fired from jobs, problems attending work or school, a drop in performance
- Quitting hobbies or extracurricular activities
- Mood swings e.g. angry outbursts, sadness / depression or elation
- Verbal and or physical abuse of family
- Spending more time alone
- Theft and missing valuables, alcohol or medication

This is not an exhaustive listing, but merely the common signs that something is wrong