

Substance Abuse

Some of the reason teens start using substance boredom, depression, stress, now or never and peer presure

The individual who is attempting to escape life abuses narcotics more frequently and heavily in order to escape what he perceives to have a difficult lifestyle.



I'M NOT ADDICTED TO ALCOHOL OR DRUGS, I'M ADDICTED TO ESCAPING REALITY.

-Unknown

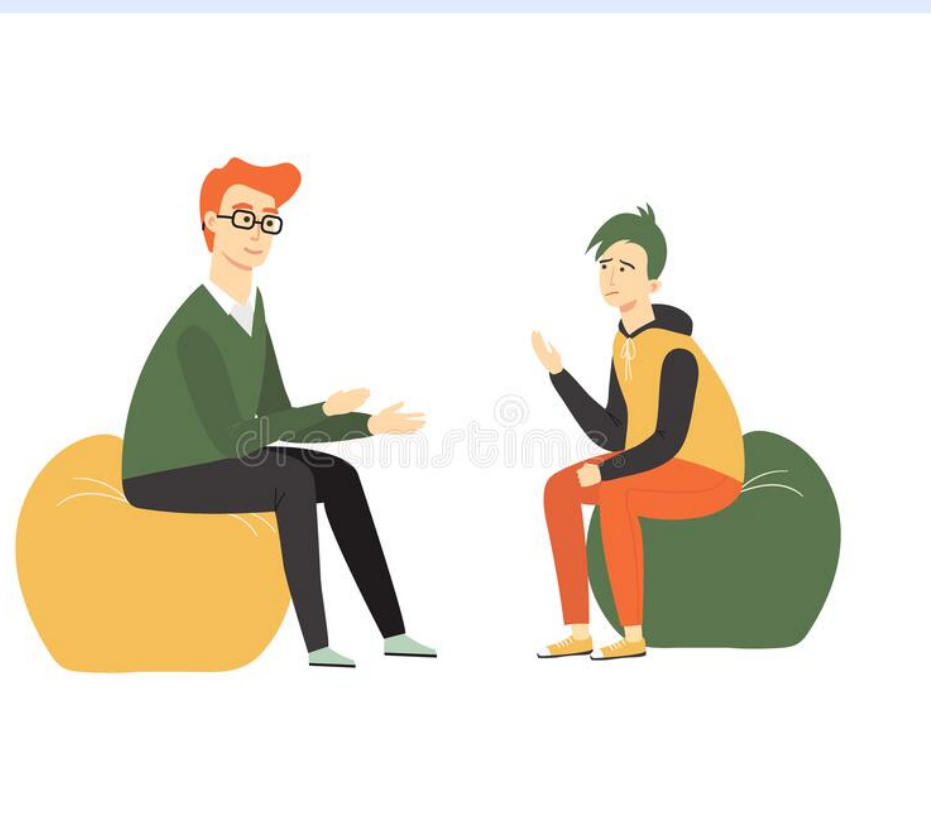
Drug abuse is one of a number of symptoms associated with a philosophical issue. TV addiction, health and fitness addiction, sports addiction, work addiction, and any other strategy people take to escape the emptiness of their life.

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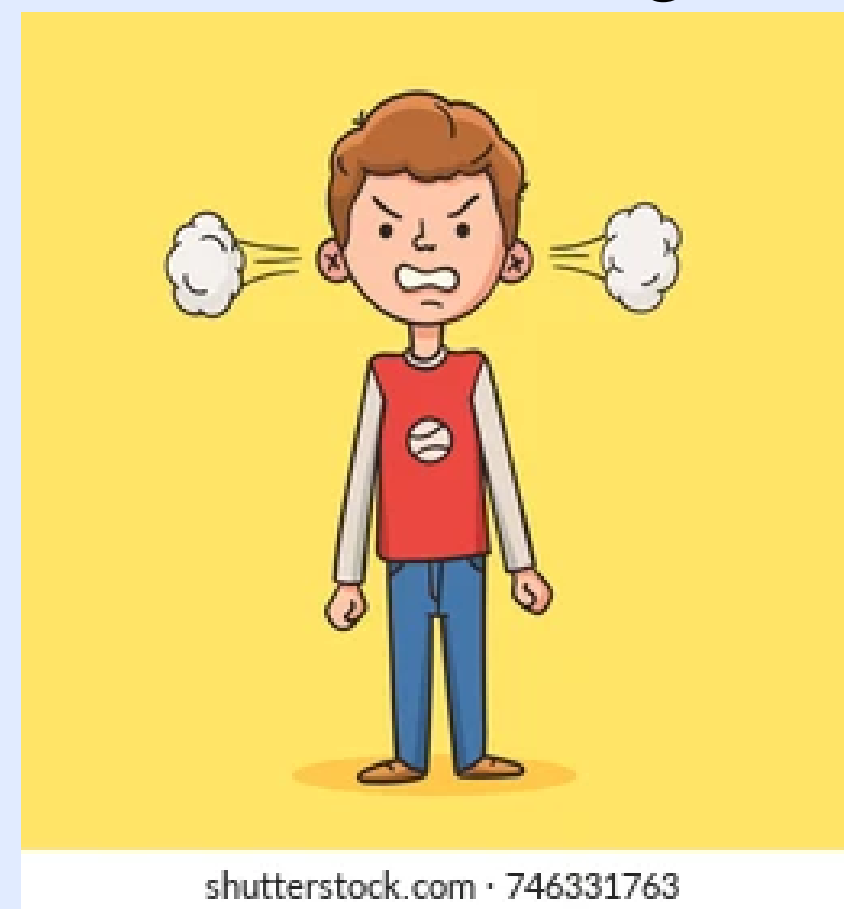


HOW TO COPE WITH SUBSTANCE ABUSE

Encourage kids to talk about their feelings and frustrations to help them cope with their stress. This can also help parents understand how they can help their children cope with the stress and pressure they are experiencing.



604-660-9382
1-800-663-1441
Help with substance abuse



If your friend refuses to accept your advice and returns to drugs or alcohol, don't be hesitant to talk to a nonthreatening, empathetic adult, such as your parent or a school counsellor. It may appear that you're snitching on your friend, yet it's the best help you can give.



Inform your friends of your desire to abstain from drug use. Friends who truly care about you will respect your decision. This may necessitate the formation of a new circle of pals who will be completely supportive. You probably won't be able to hang out with your drug-addicted buddies until everyone decides to quit at the same time.