

# Mind Your Mental Health



## Signs of substance misuse and addiction

If you or a loved one uses alcohol, prescription painkillers or other habit-forming medications, knowing the signs of abuse can help prevent addiction. Some of these include:

- Becoming preoccupied with getting and using the drug.
- Needing a supply of the drug on hand at all times.
- Needing more of the drug to produce the same level of pain relief or symptom control.
- Engaging in dangerous activities, like driving, while under the influence of the drug.
- Participating in illegal behaviors, such as stealing, to get more of the drug.
- Changes in physical appearance, especially in the area of personal hygiene.
- Doctor shopping to get new prescriptions for the drug.
- Stealing drugs from relatives or friends or asking to use someone else's prescription.

If you notice any of these symptoms in a loved one, or you think you might be developing a drug dependence, it's time to do something about it.

**#MYMH**

**Magellan**  
HEALTH<sup>SM</sup>