



What Are Common Signs of Addiction?

Over 21 million Americans suffer from addiction. If you are concerned that you or your loved one has developed a problem with alcohol or drugs, whether prescription or illicit, there are some noticeable signs you can keep an eye out for.

Signs You Are Addicted

- Need more and more of the substance to feel good or “normal”
- Constant, obsessive thoughts about using substances
- Feel sick after periods of time without taking the substance
- Inability to control consumption
- Rationalize or downplay your substance use
- Feel irritable, lethargic, and depressed
- Loss of interest in hobbies or passions
- Prioritize drinking or using substances over everything else

Signs Your Loved One is Addicted

- Sudden mood swings or erratic behavior
- Rapid weight loss due to poor eating and sleeping habits
- Lying and making up elaborate excuses
- Become defensive when you question them
- Lack of hygiene
- Drug paraphernalia such as spoons and bottle caps found in odd places
- Unusual cuts, bruises, and sores
- Isolate themselves and neglect relationships with others

If you or a loved one is experiencing some or all the signs above and you are unsure of what to do, seek out professional support. When you call Mountainside, an experienced admissions specialist will gather key information from you to conduct a substance abuse disorder assessment to determine the severity of the issue and make a recommendation for the most appropriate level of treatment. Don't wait another day. We can help. Please call us at (888) 833-4676 today.