

SUBSTANCE ABUSE

1 in 20

Australians have an addiction or substance abuse problem



of Australians smoke daily



1 in 5 Australians drink at risky levels



Australians use illegal drugs every year

SIGNS OF SUBSTANCE ABUSE



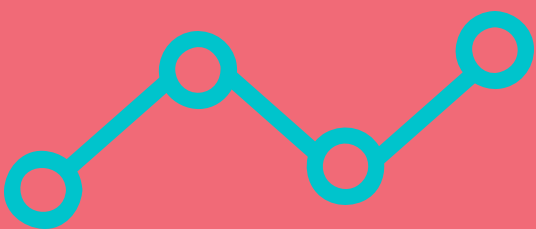
- regularly taking more than intended
- negative impact on work, home or school
- regularly trying to cut down or stop

- tolerance: need more to get the effect
- withdrawal: feel ill when not using
- cravings or desire for the substance



IMPACT OF SUBSTANCE ABUSE

Major cause of mental illness



Alcohol and drug abuse leads to higher risk of mental illness

Higher risk of violence, suicide, heart disease, diabetes, and malnutrition



Developed by Safer Community, Victoria University