

# Substance Misuse

## Student Tip Sheet



### POSSIBLE SIGNS OF MISUSE

Inability to cope with daily problems and activities.

Irregular eating.

Long lasting negative mood.

Denial of issues.

Frequent outbursts of anger.

Experiencing extremely high and low moods.

Abuse of drugs and/or alcohol dependency.

Unexplained physical problems.

Hyperactivity & experiencing problems with sleep.

Isolation & self-esteem issues.

Feelings of loneliness and distress.

### COPING SKILLS WORTH A TRY

**TALK** to people you trust that make you feel safe and comfortable.

Be **GENTLE** with yourself. Changes do not happen over night.

**MAKE A LIST OF GRATITUDES** to be reminded of what makes you happy.

**KEEP BALANCE.** Try not to push yourself too much.

**POSITIVE SELF-TALK**  
Watch the language you use when speaking about yourself.

**POSITIVE RISK-TAKING.** Explore new healthy experiences and coping skills.

**TRY NEW ACTIVITIES** that make you happy and contribute to a positive mental state.

**PRACTICE MINDFULNESS.** Bring your mental state into the now.

**IT'S OKAY** to ask for help. It's a big step to reach out and takes strength.

**IT'S OKAY TO ASK FOR HELP. TRY KIDS HELP PHONE:**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
Text the word **CONNECT** to 686868  
or call: 1-800-668-6868.

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