

## The highest prevalence of drug use occurs in individuals ages 18-24.\*

**Drug use can derail your academic progress, damage your health and negatively impact relationships. It's important to ask yourself questions about your drug use to determine if it's impacting your health and wellness.**

### ASK YOURSELF:

- 1 Do you use drugs to enhance a night out i.e. using cocaine to stay up later and party longer?
- 2 Have you ever improperly used drugs to help you focus or stay up and study for an exam?
- 3 Have you ever used drugs to help you relax or sleep or as a coping mechanism?
- 4 Do you ever experience memory loss, blackouts, or physical symptoms such as shakiness, tremors or slurred speech due to drug use?
- 5 Has drug use negatively impacted any personal relationships or interfered with work or school?
- 6 Has using drugs negatively impacted your financial situation in any way?

\* ["Prevention Profiles: Take Five - Dr. Nora Volkow \(NIDA\)." Campus Drug Prevention.](#)

### YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by drug use. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.



CALL:

**(855) 581-8111**



TEXT:

**(855) 895-8398**



CHAT:

**YourLifelowa.org**

Know a friend or family member you think might be struggling with drug use? We can help you talk to them.

## POTENTIAL SIGNS OF SUBSTANCE USE:\*

- 1 Borrowing money or spending more money than normal
- 2 Change in physical appearance, lack of grooming, dirty clothes or poor hygiene
- 3 Decreased appetite and weight loss
- 4 Lack of energy, especially in daily activities
- 5 Bloodshot eyes, poor skin tone or tired appearance
- 6 Difficulties at school and work, poor performance, bad grades or chronic lateness
- 7 Defensiveness and increased desire for privacy

## HOW TO TALK TO A FRIEND OR LOVED ONE ABOUT SUBSTANCE USE:\*\*

- 1 Research and find treatment centers or rehab programs prior to talking with them
- 2 Make sure they are sober when bringing up the conversation
- 3 Be prepared for them to be angry, or in denial
- 4 Make sure to be positive and express your support
- 5 List out risky behaviors you've observed and how you're worried it will affect their health

\* ["Signs of Drug Use & Addiction: How to Tell if Someone is On Drugs." American Addiction Centers. Oct. 21, 2022](#)

\*\* ["Tips on How to Help a Friend With Addiction." American Addiction Centers. June 14, 2023](#)

## YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about substance use. You can call, text or chat online with us 24/7 - and it's free.

**We walk beside you so you're never alone.**



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