

Substance Abuse or Dependence

Substance abuse is a pattern of using alcohol or drugs that leads to problems in a person's life. These problems can:

- Put others at risk for harm when driving, working with tools or watching children
- Cause problems with family or friends
- Cause trouble with the law, or at work or school

Substance dependence is the need for alcohol or drugs. A person continues to drink or use drugs in spite of problems in his or her life. The person often needs more alcohol or drugs over time to get the same effect. As dependence grows, the person slips further away from family and friends. Performance at work or school drops and health problems occur. This person may not be able to see how alcohol or drug use is affecting his or her life. There may be signs of physical or emotional distress when the person cuts back or stops use. This is called withdrawal.

Substances Most Often Abused

Alcohol is the most often abused drug. Substance abuse can be the use of legal or illegal substances. Substances most often abused include:

- Alcohol such as beer, wine and liquor
- Nicotine in cigarettes and chewing tobacco

物质滥用或依赖

物质滥用是指饮酒或使用毒品并且因此造成生活上的问题。这些问题可能：

- 驾车、使用工具、或照看儿童时，有可能伤害别人
- 导致与家庭或朋友之间出现问题
- 违反法律或违反工作场所或学校的规定

物质依赖是指无法不饮酒或使用药物。对酒精或药物产生依赖性后，尽管生活出现问题，人依然会继续饮酒或使用药物。这样的人往往需要逐渐增加酒精或药物的使用量才能达到相同的效果。随着依赖性的增强，人可能会进一步疏远家人和朋友。工作表现或学业成绩会下降，同时发生健康问题。此类人身陷其中，可能无法看清酒精或药物的使用对自己生活的影响。如果减少使用或停止使用，人可能会出现身体或情绪压力的症状，这称为戒除期症状。

最常见的滥用物质

酒精是最常见的被滥用药物。物质滥用可能是使用合法或非法的物质。最常见的被滥用物质包括：

- 酒精，例如啤酒、葡萄酒、烈酒
- 香烟和嚼烟中的尼古丁

- Street or club drugs, such as marijuana, bath salts, cocaine or crack, or other inhalants such as glue, gas or paint.
- Prescription or over the counter medicines
- Muscle relaxants and medicines for anxiety or sleep
- Anabolic steroids

Signs of Substance Abuse or Dependency

Talk to your doctor, nurse or counselor about getting help if you have any of these signs:

- I get high or intoxicated on a regular basis.
- I lie about use, especially about how much or often I drink or use drugs.
- I become defensive or angry when confronted about my use.
- I avoid my family and friends.
- I prefer the company of other drinkers or users.
- I am less involved in activities that I used to enjoy.
- I talk a lot about alcohol or drugs.
- I pressure others to drink or use.
- I have been in trouble with the law.
- I take risks, such as driving when high or drunk, or take sexual risks.
- I perform poorly at work or school due to using before, during or after work or class.
- I feel depressed, hopeless, or suicidal.

- 街头药物或俱乐部药物，例如大麻、浴盐、可卡因或快克可卡因或胶、气体或油漆等吸入剂
- 处方药或非处方药
- 肌肉放松剂和用于治疗焦虑症或睡眠障碍的药物
- 合成类固醇

药物滥用或依赖的症状

如果有以下任何症状，请向医生、护士或心理咨询师求助：

- 经常处于亢奋或醉幻状态。
- 对使用情况撒谎，特别是对使用量或使用次数撒谎。
- 受人指责时，不认错或发怒。
- 刻意疏远家人和朋友。
- 喜欢与酗酒者或药物使用者为伴。
- 对以前喜欢做的事情丧失兴趣。
- 酒精或药物成为谈话的主题。
- 劝他人饮酒或使用药物。
- 违法犯罪。
- 冒险，例如使用药物后处于迷幻状态下或醉酒后开车，或在性生活方面冒险。
- 上班或上课之前、当中或之后饮酒或使用药物，造成工作表现或学业成绩非常差。
- 有忧郁、无助或想自杀的感觉。

Hotlines

There is help available 24 hours a day for the person using alcohol or drugs, as well as for family members and friends.

Organization	Website	Phone Number
Alcoholics Anonymous	www.aa.org	1-877-515-1255
Al-Anon / Alateen		1-888-425-2666
Ohio Tobacco Quitline		1-800-784-8669
Cocaine Hotline	www.ca.org	1-800-347-8998
Marijuana Anonymous	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

求助电话

使用酒精或药物的人，或其家人和朋友，可通过电话全天24小时求助。

组织	网站	电话号码
酗酒者匿名互助组织	www.aa.org	1-877-515-1255
酗酒者匿名互助组织/青少年酗酒者匿名互助组织		1-888-425-2666
俄亥俄戒烟热线		1-800-784-8669
可卡因戒除热线	www.ca.org	1-800-347-8998
大麻使用者酒者匿名互助组织	www.marijuana-anonymous.org	1-800-766-6779
麻醉品使用者匿名互助组织	www.na.org	1-818-773-9999
物质滥用与精神健康服务管理局 (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

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Substance Abuse or Dependence. Simplified Chinese.