

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.

Isticmaal-xumida Maandooriyaha ama Waalifidda

Isticmaal-xumida maandooriyaha waa qaab ah isticmaalka khamriga ama maandooriyeyaasha ama daroogada oo dhibaatooyin u keena nolosha qofka. Dhibaatooyinkaasi waxay noqon karaan:

- Dadka kale oo halis la galiyo marka baabuur la wado, qalab marka lagu shaqeenayo, caruurta marka la ilaalinayo
- Dhibaatooyin loo geysto ehelka iyo saaxiibada
- Sharciga oo la jebiyo, ama shaqada iyo dugsiga oo rabshado laga dhigo

Ku-waalifidda maandooriye waa baahi uu qofku u qabo khamri ama daroogo. Qofku waxa uu sii wadaa cabitaanka khamriga ama isticmaalka maandooriyeyaasha isaga oo aan eegayn dhibaatooyinka noloshiisa. Qofku waxa uu u baahan yahay khamri ama maandooriyeyaal intii hore ka badan mudo ka dib si uu u gaadho heerka saameyntii ama mirqaankii hore. Marka waalifiddiisu sii badato, waxa dhacaya in qofku ka fogaado ehelka iyo saaxiibada. Waxa hoos u dhaca waxqabadkiisa shaqada ama dugsiga waxana yimaada dhibaatooyin caafimaadka ah. Waxa laga yaabaa in qofku aanu arkaynin sida isticmaalka khamriga ama maandooriyuhu ay u saameynayaan noloshiisa. Marka qofku iska yareeyo ama joojiyo isticmaalka maandooriyaha waxa laga yaabaa inuu qofku yeesho calaamado jirka ama murugo niyadeed ah. Waxa taa la yiraahdaa dhibka iska-daynta (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
- 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.

Maandooriyeyaasha Loogu Isticmaal-xumi Badan Yahay

Khamriga waa maandooriyaha loogu isticmaal badan yahay. Isticmaal-xumida maandooriye waxay noqon kartaa isticmaal maandooriye sharci ah ama kuwo sharci-daro ah. Maandooriyeyaasha loogu isticmaal badan yahay waxa ka mid ah:

- Khamriga sida biirka, waynka/finada, iyo khamriga adag
- Nikotiinka ku jirta sigaarka iyo calaalinta tubaakada
- Maandooriyeyaasha ama daroogada jidka, sida mariwaana ama xashiish, milixda qubeyska (bath salts), kookayn ama karaak (crack), wax kale oo la neefsado sida xabagta, gaas ama rinji.
- Dawooyinka dhakhtarku qoro ama dawooyinka la iibsado warqad la'aan
- Muruq dabciyeyaasha iyo dawooyinka loo qaato walwalka ama hurdada
- Anabolic steroids (kuwa loogu wayneeyo muruqyada)

Calaamadaha Isticmaal-xumida Maandooriyaha

Dhakhtarkaaga, kalkaalisada ama la-taliyaha kala hadal sidii aad gargaar u heli lahayd haddii aad leedahay mid ka mid ah calaamadahan.

- Si joogto ah ayaan u mirqaamaa ama u sakhraamaa.
- Waxa aan been ka sheegaa isticmaalka, gaar ahaan cadadka/inta aan ka cabo ama inta jeer ee aan cabo ama isticmaalo maandooriyeyaal.
- Waan is difaaca ama xanaaqaa marka la ii sheego isticmaalkayga.
- Waxa aan ka fogaadaa ehelka iyo saaxiibada.
- Waxa aan jeclaystaa inaan la joogo khamri-cabeyaasha ama maandooriye isticmaaleyaasha kale.

- 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.

- Waxa aan ka sii go'yaa waxyaabihii aan ka heli jiray.
- Waxa aan in badan ka hadlaa khamriga ama maandooriyeyaasha.
- Waxa aan dadka kale saaraa cadaadis si ay u cabaan ama u isticmaalaan maandooriye.
- Waxa aan jebiyay sharciga.
- Waxa aan u badheedhaa halis, sida baabuurka oo aan kaxeeyo marka aan mirqaansan ahay ama sakhraansan ahay, ama waxa aan u badheedhaa halis cudur galmo.
- Waxqabadkayga shaqada ama dugsiga ayaa xun sababta oo ah aniga oo isticmaala maandooriye shaqada ama dugsiga ka hor, inta lagu jiro ama ka dib.
- Waxa aan dareemaa diiqad, rajo la'aan ama in aan isdilo.

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

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Khadadka Gargaarka

Waxa jira gargaar 24 saacadood ah maalintii oo loogu talagalay qofka isticmaala khamri ama maandooriyeyaal, iyo waliba xubnaha qoyska iyo saaxiibada.

Hay'ad	Rugta Internetka	Lambar Teleefon
Alcoholics Anonymous (Khamri cab qarsan)	www.aa.org	1-877-515-1255
Al-Anon / Alateen (Khamri cab qarsan/ Dhallinyaro)		1-888-425-2666
Ohio Tobacco Quitline (Joojinta Sigaarka)		1-800-784-8669
Cocaine Hotline (Gargaarka Kookaynta)	www.ca.org	1-800-347-8998
Marijuana Anonymous (Mariwaana qaate qarsan)	www.marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous (Maandooriye qaate qarsan)	www.na.org	1-818-773-9999
Substance Abuse and Mental Health Services Administration (SAMHSA) (Maamulka Adeegyada Caafimaadka Maskaxda iyo Istimaal-xumida Maandooriyaha)	www.findtreatment.samhsa.gov	1-800-662-4357

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Substance Abuse or Dependence. Somali.