

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

物質濫用或依賴

物質濫用是指飲酒或使用毒品並且因此造成生活上的問題。這些問題可能：

- 駕車、使用工具、或照看兒童時，有可能傷害別人
- 導致與家庭或朋友之間出現問題
- 違反法律，或違反工作場所或學校的規定

物質依賴是指無法不飲酒或使用藥物。對酒精或藥物產生依賴性後，儘管生活出現問題，人依然會繼續飲酒或使用藥物。這樣的人往往需要逐漸增加酒精或藥物的使用量才能達到相同的效果。隨著依賴性的增強，人可能會進一步疏遠家人和朋友。工作表現或學業成績會下降，同時發生健康問題。此類人身陷其中，可能無法看清酒精或藥物的使用對自己生活的影響。如果減少使用或停止使用，人可能會出現身體或情緒壓力的症狀，這稱為戒除期症狀。

最常見的濫用物質

酒精是最常見的被濫用藥物。物質濫用可能是使用合法或非法的物質。最常見的被濫用物質包括：

- 酒精，例如啤酒、葡萄酒、烈酒
- 香菸和嚼菸中的尼古丁

- 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.

- 街頭藥物或俱樂部藥物，例如大麻、浴鹽、可卡因或快克可卡因或膠、氣體或油漆等吸入劑
- 處方藥或非處方藥
- 肌肉放鬆劑和用於治療焦慮症或睡眠障礙的藥物
- 合成類固醇

藥物濫用或依賴的症狀

如果有以下任何症狀，請向醫生、護士或心理諮詢師求助：

- 經常處於亢奮或醉幻狀態。
- 對使用情況撒謊，特別是對使用量或使用次數撒謊。
- 受人指責時，拒不認錯或發火。
- 疏遠家人和朋友。
- 喜歡與酗酒者或藥物使用者為伴。
- 對以前喜歡做的事情喪失興趣。
- 酒精或藥物成為談話的主題。
- 勸他人飲酒或使用藥物。
- 違法犯罪。
- 冒險，例如使用藥物後處於迷幻狀態下或醉酒後開車，或在性生活方面冒險。
- 由於在工作和上課前、後和期間飲酒或使用藥物，我的表現不佳。
- 有憂鬱、無助或想自殺的感覺。

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

求助電話

使用酒精或藥物的人，或其家人和朋友，可透過電話全天24小時求助。

組織	網站	電話號碼
酗酒者匿名互助組織	www.aa.org	1-877-515-1255
酗酒者匿名互助組織/青少年酗酒者匿名互助組織		1-888-425-2666
俄亥俄戒煙熱線		1-800-784-8669
可卡因戒除熱線	www.ca.org	1-800-347-8998
大麻使用者酒者匿名互助組織	www.marijuana-anonymous.org	1-800-766-6779
麻醉品使用者匿名互助組織	www.na.org	1-818-773-9999
物質濫用與精神健康服務管理局 (SAMHSA)	www.findtreatment.samhsa.gov	1-800-662-4357

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Substance Abuse or Dependence. Traditional Chinese.