

# Is my drug use becoming a **problem**?

- ☐ **Have I given myself enough time to recover since last taking drugs?**
- ☐ **Do I need to take more to feel the same effects?**
- ☐ **Do I feel any withdrawal effects?**  
i.e. shaking, struggling to concentrate, sweating or flu like symptoms?
- ☐ **Am I taking drugs despite the negative impacts they have on my life?**  
i.e. are you getting into trouble, not doing well in school, falling out with parents, stealing, or getting into debt?
- ☐ **Do I rely on this drug to feel a certain way?**  
i.e. do you NEED a drug to help you sleep every night? To feel happy, relax, or switch off?
- ☐ **Do I crave this drug?**  
i.e. are you thinking about taking a drug a lot or do you feel that your body needs a drug to feel normal?
- ☐ **Do you feel in control of your drug use? Or does your drug use feel in control of you?**

If you do notice that you're answering **YES** to a lot of these questions, you should talk to a trusted adult (i.e. a parent, guardian, teacher or Social Worker) or to a Health professional who can put you in touch with a **Substance Misuse worker**.