**Alcohol and Drug Abuse**

In the 15-24 year age range, 50% of deaths (from accidents, homicides, suicides) involve alcohol or drug abuse. Drugs and alcohol also contribute to physical and sexual aggression such as assault or rape.

**Alcohol**

Warning signs of teenage drug or alcohol abuse may include:

- a drop in school performance,
- a change in groups of friends,
- delinquent behavior, and
- deterioration in family relationships.

The more you drink, and the more often you drink, the more likely you are to experience alcohol-related diseases such as; Breast cancer (women), cancer of the mouth and throat, bowel cancer, heart disease.

Around 10 western Australians die each week from alcohol-related issues.

Every 28 minutes 1 person is hospitalised for an alcohol-attributable condition everyday of the year.

By reducing how much we drink we can free up hospital services:

- 87,721 bed-days could be freed-up every year for other uses if it weren’t for alcohol-attributable conditions
- Less waiting time in Emergency departments
- Cost savings $ for the community

Alcohol use costs the WA community $3.1 billion per year.

The catholic church says that the holy spirit can and will produce the self control you need to overcome it.

“Whoever confesses and renounces his sins find mercy” (Proverbs 28:13)

**Drugs**

Risk factors that increase your addiction include:

- Family history of addiction
- Abuse, neglect, or other traumatic experiences in childhood
- Mental disorders such as depression and anxiety
- Early use of drugs

Signs and symptoms of drug abuse:

- You're neglecting your responsibilities at school, work, or home because of your drug use.
- You're using drugs under dangerous conditions or taking risks while high, such as driving while on drug.
- Your drug use is getting you into legal trouble, such as arrests for disorderly conduct and driving under the influence.
- Your drug use is causing problems in your relationships, such as fights with your partner or family members.