

### **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.

