

# 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, such as 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 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

# 物质滥用或依赖

**物质滥用**是指饮酒或使用毒品并且因此造成生活上的问题。这些问题可能：

- 对别人造成危险，例如驾车、使用工具、或照看儿童
- 导致与家庭或朋友之间出现问题
- 违反法律，或违反工作场所或学校的规定

**物质依赖**是指无法不饮酒或使用药物。对酒精或药物产生依赖性后，尽管生活出现问题，人依然会继续饮酒或使用药物。这样的人往往需要不断增加酒精或药物的使用量才能达到相同的效果。随着依赖性的增强，人可能会进一步疏远家人和朋友。工作表现或学业成绩会下降，同时发生健康问题。此类人身陷其中，可能无法看清酒精或药物的使用对自己生活的影响。如果减少使用或停止使用，人可能会出现身体或情绪压力的症状，这称为戒除期症状。

## 最常见的滥用物质

酒精是最常见的被滥用药物。物质滥用可能是使用合法或非法的物质。最常见的被滥用物质包括：

- 酒精，例如啤酒、葡萄酒、烈酒
- 香烟和嚼烟中的尼古丁

- Marijuana or hashish and cocaine or crack
- Hallucinogens such as LSD, mescaline and PCP
- Sedatives such as Seconal, Fiorinal and Tuinal
- Opiates such as codeine, OxyContin, Vicodin or heroin
- Amphetamines such as dexadrine and Benzedrine
- Tranquilizers such as Valium, Xanax and Ativan
- Club drugs such as GHB and MDMA (ecstasy)
- Inhalants such as glue, gas, paint and nitroglycerine
- Anabolic steroids
- Sleeping medicines such as Ambien, Dalmane and Nembutal
- Others such as muscle relaxants, sleep aids, Ritalin, Coricidin HBP, cough syrups and many over the counter medicines

### **Signs of Substance Abuse or Dependency**

Talk to your doctor, nurse or counselor about getting help if you have any of these signs.

- You get high or intoxicated on a regular basis.
- You drink or use drugs in spite of the problems it causes.
- You are not able to keep promises to stop or cut down use.
- You lie about use, especially about how much or often you drink or use drugs.
- You become defensive or angry when confronted about use.

- 大麻和可卡因
- 迷幻药，例如 LSD、梅斯卡林（三甲氧苯乙胺）和 PCP
- 镇静剂，例如 Seconal、Fiorinal 和 Tuinal
- 鸦片，例如可待因（codeine）、OxyContin、Vicodin 或海洛因
- 安非他命，例如右旋苯丙胺（Dexadrine）、苯齐巨林（Benzedrine）。
- 镇安剂，例如 Valium、Xanax、Ativan
- 派对药物，例如 GHB、MDMA (摇头丸)
- 吸入剂，例如胶、气体、油漆、硝酸甘油
- 同化作用类固醇
- 安眠药，例如 Ambien、Dalmane 和 Nembutal
- 其它药物，例如肌肉放松剂、睡眠辅助药物、Ritalin、Coricedin HBP、咳嗽糖浆和许多其它非处方药物

## 药物滥用或依赖的症状

如果有以下任何症状，请向医生、护士或心理咨询师求助：

- 经常处于亢奋或醉幻状态。
- 不顾饮酒或使用药物带来的后果，坚持饮酒或使用药物。
- 无法坚守停止使用或减量使用的承诺。
- 对使用情况撒谎，特别是对使用量或使用次数撒谎。
- 受人指责时，拒不认错或发火。

- You withdraw from family and friends.
- You prefer the company of other drinkers or users.
- You become less involved in activities you used to enjoy.
- You talk a lot about alcohol or drugs.
- You believe you need to drink or use in order to have fun.
- You pressure others to drink or use.
- You hide or sneak alcohol, drugs or supplies.
- You get in trouble with the law.
- You take risks, such as driving when high or when drunk, or take sexual risks.
- You perform poorly at work or school due to using before, during or after work or class.
- You miss work or school due to substance use.
- You have blackouts – periods of time when using that you cannot remember.
- You have mood swings.
- You have depressed, hopeless or suicidal feelings.

- 疏远家人和朋友。
- 喜欢与酗酒者或药物使用者为伴。
- 对以前喜欢做的事情丧失兴趣。
- 酒精或药物成为谈话的主题。
- 认为自己饮酒或使用药物是人生乐趣所在。
- 劝他人饮酒或使用药物。
- 藏匿酒、药物或用具。
- 违法犯罪。
- 冒险，例如使用药物后处于迷幻状态下或醉酒后开车，或在性生活方面冒险。
- 上班或上课之前、当中或之后饮酒或使用药物，造成工作表现或学业成绩非常差。
- 因使用药物而耽误工作或学习。
- 有失忆期，丧失使用药物或饮酒时的记忆。
- 情绪波动大。
- 有忧郁、无助或想自杀的感觉。

## **Hotlines**

There is help available 24 hours a day for the person using the alcohol or drugs, as well as for family members and friends.

<b>Alcoholics Anonymous</b>	(614) 253-8501
<b>Al-Anon / Al-Teen</b>	(614) 253-2701 1-888-425-2666
<b>Hope Hotline</b>	(614) 228-4673
<b>Ohio Tobacco Quitline</b>	1-800-784-8669
<b>Cocaine Hotline</b>	(614) 443-2653
<b>Narcotics Anonymous</b>	1-800-451-3000

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## 求助电话

使用酒精或药物的人，或其家人和朋友，可通过电话全天 24 小时求助。

酗酒者匿名互助组织	(614) 253-8501
酗酒者匿名互助组织/青少年酗酒者匿名互助组织	(614) 253-2701 1-888-425-2666
希望热线	(614) 228-4673
俄亥俄戒烟热线	1-800-784-8669
可卡因戒除热线	(614) 443-2653
吸毒者匿名互助组织	1-800-451-3000

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