



**Substance Abuse =**  
overindulgence in or  
dependence on an  
addictive substance

## Addressing Increased Substance Use in Response to Stress

Brought to you by The Counseling Center

**Are you concerned about a friend, but aren't sure how to help? Check out these tips! For more guidance reach out to The Counseling Center!**



**THE BRAVEST  
THING YOU  
CAN DO IS  
ask FOR HELP.**

### Symptoms of Substance Abuse

1. Drinking/using much more & in larger quantities than you meant to.
2. Wanting to cut down or stop but being unable to.
3. Spending a lot of time thinking about getting, recovering or having hangovers, using or planning to obtain drugs and/or alcohol.
4. Having the urge, craving or strong desire to use drugs or drink alcohol.
5. Life, school, work, & relationships are negatively impacted by your use.
6. Continuing to use even after people are concerned about your use.
7. Preferring to use/drink and miss out on life, school, work, & other events.
8. Being in dangerous situations and still unable to stop -> drunk driving.
9. Continuing to use even when negative physical & mental health problems develop.
10. Using more for the same high.
11. Getting very sick or emotionally unstable when trying to stop use.

### Resources for Students

- The Counseling Center at The College of Saint Rose open T/Th 9-7pm & M/W/F 9-5:30pm! Contact us at (518) 454-5200
- Substance Abuse and Mental Health Services Administration Hotline 1-800-662-4357
- Guide to Substance Abuse & Mental Health in College with contact information to reach American Addiction Centers - <https://americanaddictioncenters.org/rehab-guide/college>
- Reach out to Emotional Support Hotline through NY Project Hope to speak with a Crisis Counselor at 1-844-863-9314
- 24/7 Hotline to help find support for you or someone you care about - <https://www.therecoveryvillage.com/resources/college-students/>