

Substance Use

Recreational VS Addiction

#Get the FACTS

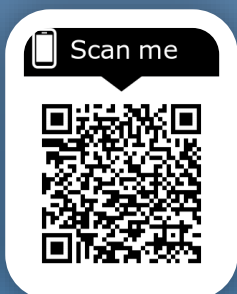
is it addiction?

- ☒ regular use at an early age
- ☒ use to cope with mental health
- ☒ habitual daily use
- ☒ use before or during school or work
- ☒ use as a major form of recreation

is it recreational?

- ☒ limits the amount of substance used
- ☒ use reserved for special occasions
- ☒ takes precautions when using
- ☒ understands the dangers of substance use
- ☒ able to stop using at any time

What are the 4 most common reasons people use substances?



Get the answer here

Access the
monthly
Snapshots

