

Substance Use Disorder (SUD)

Substance Use Disorder (SUD) can be described as substance use or dependence that leads to behavioral, physical, or social changes.

Did you know?

- Alcohol is the **3rd leading cause of death** in the U.S.
- Studies of fire fighters demonstrate that **29% of active duty fire fighters have possible or probable problems with alcohol use.**



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

Recognizing the warning signs:

- Use more over longer time than intended
- Persistent desire or unsuccessful attempts to cut down or stop
- Much time spent using or obtaining substance
- Craving or strong urge
- Recurrent use despite physical or psychological harm
- Use despite social problems
- Giving up important activities
- Use in dangerous situations
- Use despite knowledge of negative consequences
- Tolerance
- Withdrawal

Peer Support Specialist:

[NAME]

[PHONE]

[EMAIL]

References and Resources:

- <http://www.iaffrecoverycenter.com/> (IAFF Recovery Center)
- <http://www.aa.org/> (Alcoholics Anonymous)
- <http://www.afterdeployment.com> (Online Self Assessments and Facts)



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