



SUBSTANCE USE

20%

of college students reported
consuming 7 or more drinks
the last time they drank

(American College Health
Association, 2017)

31%

of US college students
reported symptoms of
alcohol abuse

(American College Health
Association, 2017)

80%

of US college students reported that
they have abused alcohol

(American College Health
Association, 2017)

SIGNS OF SUBSTANCE ABUSE

- Binge drinking (5 or more drinks in a two-hour period for males, 4 or more drinks in a two-hour period for females)
- Falling grades
- Engaging in reckless behavior
- Neglecting friends and family
- Disturbances in sleep
- Mood swings
- Social withdrawal
- Decreased interest in extracurricular activities

(Mission Harbor Behavioral Health, 2020)

RISK FACTORS

- Genetics and family history
- Trouble at school or work
- Unhappy home life
- Friends who use substances
- Engaging in drinking games
- Starting at a young age
- Major transitions (i.e. starting college)

(SAMHSA, 2020)

WHAT
YOU
CAN
DO!

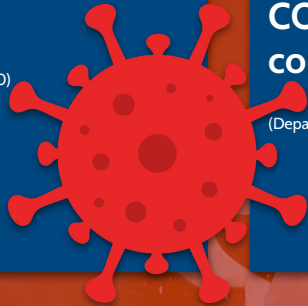
- Identify coping skills
- Identify triggers and cravings
- Lean on close family and friends
- Build a sober social network
- Find a local detox center
- Seek professional help
- SAMHSA National Helpline:
1-800-662-4357
- Find AA, NA meetings

(Addiction Center, 2020)

IMPACT OF COVID-19

COVID-19 related social isolation and stress can increase susceptibility to substance misuse, addiction, and relapse.

(Michigan State Department of Psychiatry, 2020)



Substance use can lead to immune system, respiratory, and pulmonary changes and may increase susceptibility to COVID-19 as well as complications.

(Department of Psychiatry at Michigan State, 2020)

COVID-19 may lead to increased feelings of worry, anxiety, and stress. Although turning to alcohol and/or drugs may temporarily help you feel better, they cause changes in your brain that will make you feel worse.

(Department of Psychiatry at Michigan State, 2020)

ALCOHOL AND YOUR HEALTH

ARE YOU AT RISK?

ONE STANDARD DRINK IS:



12 oz
beer



5 oz
wine
or 1 cooler



1.5 oz
80 proof
liquor

At-Risk Drinking Levels*

Men: > 14 drinks per week, or
> 4 drinks on any day

Women: > 7 drinks per week, or
> 3 drinks on any day

No amount is safe if you are pregnant or trying to get pregnant

NO AMOUNT OF ALCOHOL IS SAFE WHEN DRIVING

*Medications, medical, or mental conditions may increase risk