

The Problems Created by the Economy Are Causing More People to Resort to Substance Abuse to Manage their Stress

SUBSTANCE ABUSE IS A FAMILY PROBLEM

The professional community is witnessing an increase in people turning to alcohol and drugs as a means to cope with the mounting stress created by the loss of jobs and the increased cost of living. This is a dangerous practice. At first it may ease the pain and work as a temporary means to take control of a stressful situation. In a short time substances take control and make a problem surmountable—impacting everyone. Substance abuse is a family problem.

If you believe you or someone in your family is dealing with stress with substances, here are a few things that can help:

Understand the difference between *use*, *abuse*, and *dependency*

In which category does your use of alcohol, prescription drugs fall? Ask yourself,

“Do I need professional help?”

- Share your feelings with your family – “you are not in this alone”
(substance abuse is a family problem).
- Do not isolate yourself from your friends
- Continue your regular activities, i.e., social, community, church
- Keep active: exercise, run/walk, participate in sports, etc.
- Seek support from church/spiritual advisor, join an advocacy group such as AA, Al-Anon.
- Obtain help from health, mental health or substance abuse professional if this concern is impacting your family life and your ability to function.

There are various places people can turn to for support and treatment:

Salt Lake Area

Substance abuse treatment/referrals:

Valley Mental Health (801)263-7225

Salt Lake County Substance Abuse (801)468-2009

Mental Health-Valley Mental Health (801)263-7100

Support Groups:

Al-Anon (801)262-9587

NA (801) 296-4044

Summit County

Valley Mental Health & Substance Abuse Services – (435)649-9079

Tooele County

Valley Mental Health & Substance Abuse Services (435)843-3520

Valley Mental Health's 24-hour Crisis line (801)261-1442