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.

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

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)