

# Impact Cards

## Substance Use: Impacts on Physical Well-Being

- Harm to the brain
- Liver damage
- Blackouts, seizures, and vomiting
- Alcohol poisoning
- Injury or death from drinking and driving
- Injury or death from a drug overdose
- Infections from used needles, such as HIV / AIDS and hepatitis

## Substance Use: Impacts on Emotional Well-Being

- Mental health disorders such as anxiety or depression
- Psychotic episodes that can include hallucinations, hearing voices, and violent and dangerous behaviours
- Unable to use healthy coping strategies to deal with stress and feelings of sadness and anxiety
- Unable to focus on school work or a job due to memory loss, anxiety, and confusion

## Substance Use: Impacts on Social Well-Being and Relationships

- Lying and hiding substance use from family and friends
- Conflicts and fights with family and friends
- Loss of trust with family and friends
- Breakup of dating relationships due to substance use
- Quitting or being expelled from extracurricular activities, sports, or the cadet / JCR program
- Unable to have fun without using substances