

# STIMULANT MISUSE DISORDER

## SIGNS & SYMPTOMS:



### 1 TAKING TOO MUCH

Taking stimulants in large amounts or over a longer period of time than intended.

### 2 HARD TIME CONTROLLING

Persistent desire or unsuccessful efforts to cut down or control your misuse.

### 3 PLANNING NEXT USE

Spending the majority of your time thinking about where you will get them next.

### 4 CRAVINGS

You have a strong desire or urge to misuse stimulants.

### 5 NOT FULFILLING OBLIGATIONS

Recurrent stimulant misuse is getting in the way of going to work, school, or taking care of your home.

### 6 SOCIAL PROBLEMS

Stimulant misuse is causing behavioral and physical problems with your relatives or friends.

### 7 GIVING UP NORMAL ACTIVITIES

Stimulant misuse is causing you to give up your important social, work, or recreational activities you used to enjoy.

### 8 DANGEROUS SITUATIONS

You are placing yourself in dangerous situations to find and misuse stimulants.

### 9 KNOWING EFFECTS

Stimulant misuse is continued despite knowing the physical and/or psychological problems developing at home.

### 10 TOLERANCE

Misusing noticeably more stimulants to achieve same feelings

OR

Not feeling desired effect despite misusing the same amount.

### 11 WITHDRAWAL

Continue misusing stimulant and/or taking with other stimulants to relieve or avoid withdrawal symptoms.



Stimulants are a class of drugs that *speeds up* signals between the brain and body. Individuals who use stimulants feel more alert, awake, and energetic. Illegal common stimulants are amphetamines and cocaine.

**Stimulant Misuse Disorder (SUD)** can develop as soon as 1-week however onset is not rapid. If you see or experience these signs or symptoms, asking for help is not a weakness.

**Treatment is available AND works.**

References: Alcohol and Drug Foundation, 2021.; Brands, B., Sproule, B., & Marshman, J. (Eds.). (1998). *Drugs & Drug Abuse*, 3rd Ed., Ontario: Addiction Research Foundation; Campbell, A. (2000). *The Australian Illicit Drug Guide*. Melbourne: Black Inc.; Psych DB (2021). *Stimulant Use Disorder* <https://www.psychdb.com/addictions/stimulants/1-use-disorder>



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