UNITY PATH
- FAMILY SUPPORT -

RED FLAGS

WHEN IT MIGHT BE MORE THAN "JUST A PHASE"



Trust your instincts. You know your loved one.
You don't have to ignore your concerns.

CHANGES IN BEHAVIOUR

- Sudden secrecy or lying
- New group of friends with little explanation
- Isolation from family
- Mood swings or irritability
- Loss of interest in hobbies, activities, or school/work
- Decline in performance or missing school/work

PHYSICAL CHANGES

- Changes in sleep patterns (sleeping too much or too little)
- Unexplained weight loss or gain
- Bloodshot eyes or unusually constricted/dilated pupils
- Poor hygiene or change in appearance
- Frequent illnesses, headaches, or nosebleeds (in some cases)
- Low energy, exhaustion, or frequent "sick" days

HOME & PERSONAL ITEMS

- Missing money or valuables
- Burnt foil, pipes, straws, or other drug paraphernalia
- Unlabeled pills, powders, or capsules
- Small plastic baggies or containers
- Vape devices or cartridges with unknown contents
- Unusual smell on breath, clothes, or in their room

EMOTIONAL & SOCIAL SIGNS

- Increased anxiety, paranoia, or suspiciousness
- Unexplained anger or defensiveness
- Talk of hopelessness or not caring about the future
- Avoiding conversations or shutting down
- Risky behaviours or poor decision-making
- Sudden need for privacy with phone or messages

WHEN TO REACH OUT

If you are noticing several of these changes together, it may be a sign that your loved one needs support. Approach them with care, listen without judgment, and encourage them to talk.

Love, support, and connection can make all the difference.

YOU DON'T HAVE TO DO THIS ALONE.
Reach out to a trusted healthcare provider, local addiction service, or support organization for help and guidance.

EARLY AWARENESS. COMPASSIONATE CONVERSATIONS. REAL SUPPORT.

This resource is for informational purposes and peer support only.
It is not a substitute for professional medical advice, diagnosis, or treatment.