

Substance Misuse Bingo

Helpful way to assess if you or someone you know may need additional support.

Reasons for use	Potential impacts of use	Behavioral signs	Physical signs	Social signs
stress	legal issues	irritability or agitation	slurred speech	self-isolation
loneliness or grief	financial difficulties	mood swings	impaired coordination	withdrawal from friends and family
challenging emotions	driving accidents		nausea or vomiting	loss of interest in hobbies
peer pressure	cardiovascular disease or stroke	lack of motivation	bloodshot eyes	lower performance in work or school
curiosity or thrill seeking	spread of infectious disease	lack of concern for hygiene	sleeping problems	neglected responsibilities