

Early Signs Of Addiction To Watch For



Topic	Key Data	Insights
Early Signs of Addiction	Needing more of a substance to feel its effects, failed attempts to cut back, neglecting responsibilities, and continued use despite harm.	Recognizing these patterns early provides the best opportunity for recovery.
Substance Use Disorder Statistics	Nearly 45 million Americans met criteria for substance use disorder in the past year, but only 16% received treatment (SAMHSA, 2025).	Early identification and addressing barriers to treatment are critical to improving outcomes.
Signs of Addiction Progression	Tolerance development, cravings, and difficulty stopping use.	Behavioral and physical changes accompany these shifts, impacting relationships, responsibilities, and finances.
Marijuana Dependency	19.3 million Americans affected, with signs such as cravings, withdrawal symptoms, and decreased mental performance.	Monitoring changes in need and functionality can help recognize dependency.
Substance Use and Depression	7% of adults experience co-occurring mental illness and substance use disorder; over 42% of these individuals received no treatment.	Integrated treatment for both conditions can lead to significantly better outcomes.
Alcohol Use Disorder	25.7 million Americans had alcohol use disorder in the past year (SAMHSA, 2025).	Red flags include using alcohol to manage emotions, frequent blackouts, and external concern from others.
Seeking Professional Help	Treatment ranges from outpatient counseling to structured programs depending on severity and co-occurring conditions.	Recognizing the problem and seeking help early on increases chances of recovery.