



WARNING SIGNS OF **Substance Abuse**

- Risk taking
- Neglecting responsibilities at work or home
- Changes in appetite, sleep patterns, physical appearance
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, spaced-out, or angry outbursts
- Appears fearful, anxious or paranoid, with no reason



PDA's Health and Well-Being Program, administered by the Physician's Health Program, offers a comprehensive assistance program, responds to referrals statewide and offers a structured, monitored and long-term recovery program. The program responds in a compassionate and confidential manner to dental professionals with substance abuse disorders.

If you, or if you are aware of somebody in the dental community who may be exhibiting warning signs, please consider contacting PDA at (800) 223-0016. Education, identification and intervention are the first steps towards rehabilitation

Need help for a suspected substance abuse issue?

Physician's Health Program:

 (717) 558-7819

 <https://www.foundationpamedsoc.org/home/paphp/about-paphp>

Substance Abuse and Mental Health Services Administration

 For help finding treatment: 800-662- HELP (4357).

For information about county drug and alcohol offices:

 <https://www.ddap.pa.gov/Get%20Help%20Now/Pages/County-Drug-and-Alcohol-Offices.aspx>