



# NASHA MukT BHARAT ABHIYAAN

## RISK FACTORS FOR DEVELOPING ALCOHOLISM



**National Toll Free Helpline-1800-11-0031**  
**Ministry of Social Justice & Empowerment**  
**Visit JNU Health Centre for more details**



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**I AM**

**DRUG-FREE**

Saying no to drugs is a simple way to prioritize our mental, physical, social and emotional well-being

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## EARLY SIGN & SYMPTOMS OF SUBSTANCE USE DISORDER

**Poor Academic  
Performance**



**Confusion**



**Mood Swings**



**Social Isolation**



Social Isolation



Loneliness

**Poor Tolerance  
Level**



**Engaging in Risky  
behaviour**



Substance misuse and addiction:



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## DANGER OF SMOKING



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