

COMMON MENTAL HEALTH PROBLEMS AND MISUSED SUBSTANCES

Each year, individuals, families, and communities are impacted by mental and/or substance use disorders. The aim of **National Recovery Month (Recovery Month)** is to raise awareness about the many resources available to help prevent these conditions and encourage treatment and recovery. Recovery Month is sponsored by the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, within the **U.S. Department of Health and Human Services (HHS)**.

Learning about some of the most common mental health problems and the misuse of alcohol and illicit and prescription drugs can help you recognize the signs of behavioral health conditions and provide help to individuals experiencing them. Included in this document are key statistics about common mental health problems and substances that are often misused. Also included are alternate names for each disorder or substance, signs and symptoms of a problem, adverse health effects, prevalence, and average age of onset (or age of first-time use of a substance). Information in the following charts was collected from the *2010 National Survey on Drug Use and Health*, as well as reports and data released by **The Partnership at Drugfree.org**, the **National Institute of Mental Health**, and the **National Institute on Drug Abuse**.

The following chart includes information on common mental health problems:

ANXIETY DISORDERS

Mental Health Problem	Signs & Symptoms ^{1, 2, 3}	Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old) ^{4, 5, 6}	Average Age of Onset ⁷
Agoraphobia	Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of being alone outside of the home; fear of traveling in a car, bus, or airplane, or being in a crowded area	2.4 percent of youth; 1.4 percent of adults	20 years old
Generalized Anxiety Disorder	An overwhelming sense of worry and tension; physical symptoms including fatigue, headaches, muscle tension, muscle aches, trouble swallowing, trembling, twitching, irritability, sweating, lightheadedness, nausea, and hot flashes	1.0 percent of youth; 5.7 percent of adults	31 years old
Obsessive Compulsive Disorder (OCD)	Persistent and unwelcome anxious thoughts or "obsessions," often accompanied by rituals that are performed to try to prevent or get rid of them, called "compulsions"	(youth data not available) 1.6 percent of adults	19 years old
Panic Disorder	Feelings of sudden terror that often occur with a pounding heart, sweating, nausea, chest pain, faintness, or dizziness; an avoidance of places or situations where panic attacks have occurred	2.3 percent of youth; 4.7 percent of adults	24 years old
Post-Traumatic Stress Disorder (PTSD)	Relived trauma after experiencing a terrifying event, through nightmares or disturbing thoughts throughout the day; feelings of detachment, numbness, irritability, or aggressiveness	4.0 percent of youth; 6.8 percent of adults	23 years old
Social Phobia	Intense feelings of anxiety and dread about social situations; a persistent fear of being watched and judged by others and being humiliated or embarrassed by the person's own actions; physical symptoms such as blushing, profuse sweating, trembling, nausea, and difficulty talking	5.5 percent of youth; 12.1 percent of adults	13 years old
Specific Phobia	Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying	15.1 percent of youth; 12.5 percent of adults	7 years old

MOOD DISORDERS

Mental Health Problem	Signs & Symptoms ^{1, 2, 3}	Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old) ^{4, 5, 6}	Average Age of Onset ⁷
Bipolar Disorder	Recurrent episodes of highs (mania) and lows (depression) in mood; changes in energy and behavior; extreme irritable or elevated mood; an inflated sense of self-importance; risky behaviors, distractibility, increased energy, and a decreased need for sleep	3.0 percent of youth; 3.9 percent of adults	25 years old
Major Depressive Disorder	A pervading sense of sadness and/or loss of interest or pleasure in most activities that interferes with the ability to work, study, sleep, and eat; negative impact on a person's thoughts, sense of self-worth, sleep, appetite, energy, and concentration	11.2 percent of youth; 16.5 percent of adults	32 years old

OTHER MENTAL HEALTH PROBLEMS

Mental Health Problem	Signs & Symptoms ^{1, 2, 3}	Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old) ^{4, 5, 6}	Average Age of Onset ⁷
Attention-Deficit/Hyperactivity Disorder (ADD/ADHD)	Inattention or difficulty staying focused; hyperactivity, or constantly being in motion or talking; impulsivity, meaning often not thinking before acting	9.0 percent of youth; 8.1 percent of adults	7 years old
Personality Disorder	Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning	(youth data not available) 9.1 percent of adults*	Not available
Schizophrenia	Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused	(youth data not available) 1.1 percent of adults*	Not available

The following chart includes information on commonly misused substances:

ALCOHOL, TOBACCO, AND INHALANTS

Substance	Other Names ^{8, 9, 10}	Immediate Intoxication Effects ^{11, 12}	Negative Health Effects ^{13, 14}	Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth ¹⁵	Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009) ^{16, 17}
Alcohol	Booze, beer, wine, liquor	Dizziness; talkativeness; slurred speech; disturbed sleep; nausea; vomiting; impaired judgment and coordination; increased aggression	Brain and liver damage; depression; liver and heart disease; hypertension; fetal damage (in pregnant women)	17.2 years (16.9 years in 2009); rate of current alcohol use among youths aged 12 to 17 is 13.6 percent	131.3 million people (similar to 130.6 million people in 2009)
Tobacco Products	Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew	Increased blood pressure and heart rate	Chronic lung disease; coronary heart disease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes	17.3 years (17.5 years in 2009); rate of current tobacco use among youths aged 12 to 17 is 10.7 percent	69.6 million people (similar to 69.7 million people in 2009)
Gases, Nitrites, and Aerosols (Inhalants)	Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas	Increased stimulation; loss of inhibition; headache; nausea; vomiting; slurred speech; loss of motor coordination; wheezing; cramps; muscle weakness	Memory impairment; damage to cardiovascular and nervous systems; unconsciousness	16.3 years (16.9 years in 2009); rate of current inhalant use among youths aged 12 to 17 is 1.1 percent	70,000 people (similar to 60,000 people in 2009)

ILLICIT DRUGS

Substance	Other Names ^{8, 9, 10}	Immediate Intoxication Effects ^{11, 12}	Negative Health Effects ^{13, 14}	Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth ¹⁵	Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009) ^{16, 17}
Cocaine	Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady	Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety	Weight loss; cardiovascular complications; stroke; seizures	21.2 years (20.0 years in 2009); rate of current cocaine use among youths aged 12 to 17 is 0.2 percent	1.5 million people (similar to 1.6 million people in 2009)
Ecstasy	Adam, E, eve, decadence, M&M, roll, X, XTC	Enhanced sense of self-confidence and energy; involuntary teeth clenching; a loss of inhibitions; transfixion on sights and sounds; nausea; blurred vision; chills; sweating; increased heart rate and blood pressure	Muscle cramping/sleep disturbances; depression; impaired memory; kidney, liver and cardiovascular failure; anxiety	19.4 years (20.2 years in 2009); rate of current ecstasy use among youths aged 12 to 17 is 0.5 percent	695,000 people (less than 760,000 people in 2009)
Heroin	Big H, blacktar, brown sugar, dope, horse, junk, muc, skag, smack, white horse	Feeling of euphoria; flushing of the skin; dry mouth; heavy extremities; slurred speech; constricted pupils; droopy eyelids; vomiting; constipation	Collapsed veins; infection of the heart lining, valves; abscesses; cellulitis; liver disease; various types of pneumonia; clogged blood vessels; respiratory complications	21.3 years (25.5 years in 2009)	20,000 people (same as 2009)

ILLCIT DRUGS, CONT.

Substance	Other Names ^{8, 9, 10}	Immediate Intoxication Effects ^{11, 12}	Negative Health Effects ^{13, 14}	Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth ¹⁵	Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009) ^{16, 17}
Hallucinogens	Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips	Dilated pupils; higher body temperature; increased heart rate and blood pressure; sweating; loss of appetite; sleeplessness; dry mouth; tremors	Flashbacks that may occur within a few days or more than a year after use	19.1 years (18.4 years in 2009); rate of current hallucinogen use among youths aged 12 to 17 is 0.9 percent	1.2 million people (similar to 1.3 million people in 2009)
Marijuana	Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed	Distorted perception; trouble with thinking and problem solving; loss of motor coordination; increased heart rate	Respiratory infection; impaired memory; anxiety; exposure to cancer-causing compounds	18.4 years (17 years in 2009); rate of current marijuana use among youths aged 12 to 17 is 7.4 percent	17.4 million people (increased from 16.7 million people in 2009)
Methamphetamine	Chalk, crank, crystal, ice, meth, speed, white cross	State of euphoria; insomnia; decreased appetite; irritability/aggression; anxiety; nervousness; convulsions	Paranoia; hallucination; repetitive behavior; delusions of parasites or insects crawling under the skin; psychosis; severe dental problems; heart attack	18.8 years (19.3 years in 2009)	353,000 people (decreased from 502,000 people in 2009)

PRESCRIPTION DRUGS

Substance	Other Names ^{8, 9, 10}	Immediate Intoxication Effects ^{11, 12}	Negative Health Effects ^{13, 14}	Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth ¹⁵	Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009) ^{16, 17}
Pain Relievers	Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), schoolboy (empirin with codeine), China white, dance fever (Actiq®)	Pain relief; euphoria; drowsiness, respiratory depression and arrest; nausea; confusion; constipation; sedation; unconsciousness; restlessness	Muscle and bone pain; drowsiness; seizure; coma; respiratory depression; decreased heart rate	21.0 years (20.8 years in 2009); rate of current non-medical use of prescription pain relievers among youths aged 12 to 17 is 3 percent	5.1 million people (similar to 5.3 million people in 2009)
Psychotherapeutics	Prozac®, Zoloft®, Ritalin®	Increased heart rate, blood pressure, and metabolism; feelings of exhilaration and energy; increased mental alertness; rapid or irregular heartbeat; reduced appetite	Heart failure; weight loss; tremors and muscle twitching; fevers, convulsions, and headaches; irregular heartbeat and respirations; anxiety; restlessness; paranoia; hallucinations; delusions of parasites or insects crawling under the skin	22.3 years (21 years in 2009)	7.0 million people (same as in 2009)
Sedatives	Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon®	Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions	Seizures; impaired memory, judgment and coordination; irritability; paranoid and suicidal thoughts; sleep problems	23.5 years (19.7 years in 2009)	374,000 people (similar to 370,000 people in 2009)

PRESCRIPTION DRUGS, CONT.

Substance	Other Names ^{8, 9, 10}	Immediate Intoxication Effects ^{11, 12}	Negative Health Effects ^{13, 14}	Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth ¹⁵	Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009) ^{16, 17}
Tranquilizers	Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®)	Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions	Seizures; impaired memory, judgment and coordination; irritability; paranoid and suicidal thoughts; sleep problems	24.6 years (22.4 years in 2009)	2.2 million people (similar to 2.0 million people in 2009)
Stimulants	Adderall®, Ritalin®, Concerta®	Increased alertness, attention, and energy	Increased hostility or paranoia; dangerously high body temperatures; irregular heartbeat; cardiovascular failure; lethal seizures	21.2 years (21.5 years in 2009)	1.1 million people (similar to 1.3 million people in 2009)

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the “**Recovery Month Kit**,” and click on the “**Targeted Outreach**” link. Information about treatment options and special services in your area can be found by calling **1-800-662-HELP (4357)** or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Sources

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