CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

# Inhalant use disorder

Inhaling glue, solvents or gases to produce psychoactive effects. It is especially dangerous in adolescents because of brain damage and the risk of sudden death.

## COMMON SIGNS

- Smell of chemicals
- Dizziness, confusion or slurred speech
- Irritation in the nose and mouth

## TIPS FOR YOU

1. Urgent medical attention if there are symptoms
2. Keep the products out of reach
3. Intervention with the young person and the family

## FOR FAMILY AND FRIENDS

1. Keep the chemicals out of their reach
2. Talk calmly and seek specialist help

## WHEN TO ASK FOR HELP

1. If they lose consciousness or breathe poorly: 112
2. It is especially dangerous in minors

## CHECKLIST OF WARNING SIGNS

☐ Smells of glue, solvents or petrol
☐ Has irritation in the nose or mouth
☐ Appears dizzy or with slurred speech
☐ There are cans, bags or rags with chemicals
☐ Their school performance has dropped
☐ Has changed friends or is withdrawing
☐ Has frequent headaches or nausea
☐ Finds it hard to concentrate

## FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-inhalantes
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- Fundación ANAR: help for children and teenagers (Spain): https://www.anar.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112