Signs which may indicate a possible drug, alcohol or substance misuse problem in an individual include:

- Sudden change in behaviour pattern
- Tendency to become confused
- Defensive
- Argumentative
- Irritability
- Abnormal fluctuations in mood and energy
- Impairment of job performance - work may require more effort; individual tasks may take longer than they normally would.
- Poor Judgement
- Poor time keeping
- Increase in short term sickness absence
- Deterioration in relationships with other people
- High accident levels, increased clumsiness
- Instance of unauthorised leave (normally out of character)
- Unusual smell of alcohol on the breath
- Careless about personal grooming
- Risk taking - not following procedures
- Reluctance to accept responsibility
- Attention to detail deteriorates.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.
- Deterioration in personal grooming or physical appearance
- May withdraw and isolate themselves