

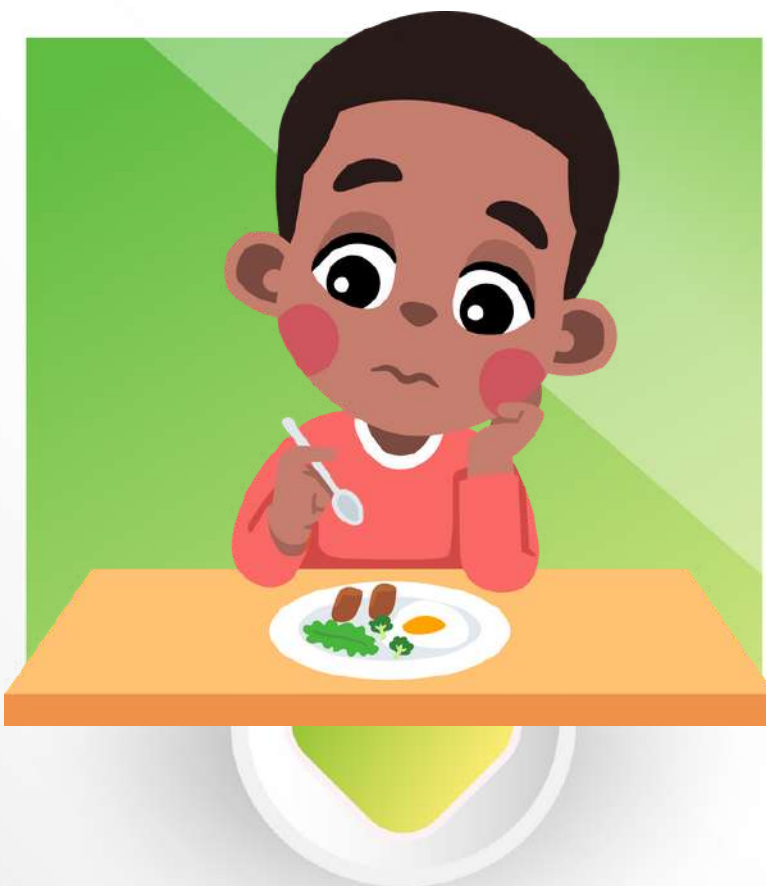
Inhalant Abuse

Inhalant abuse, which is also known as volatile substance abuse, solvent abuse, sniffing, huffing and bagging, is the deliberate inhalation of a volatile substance to achieve an altered mental state.

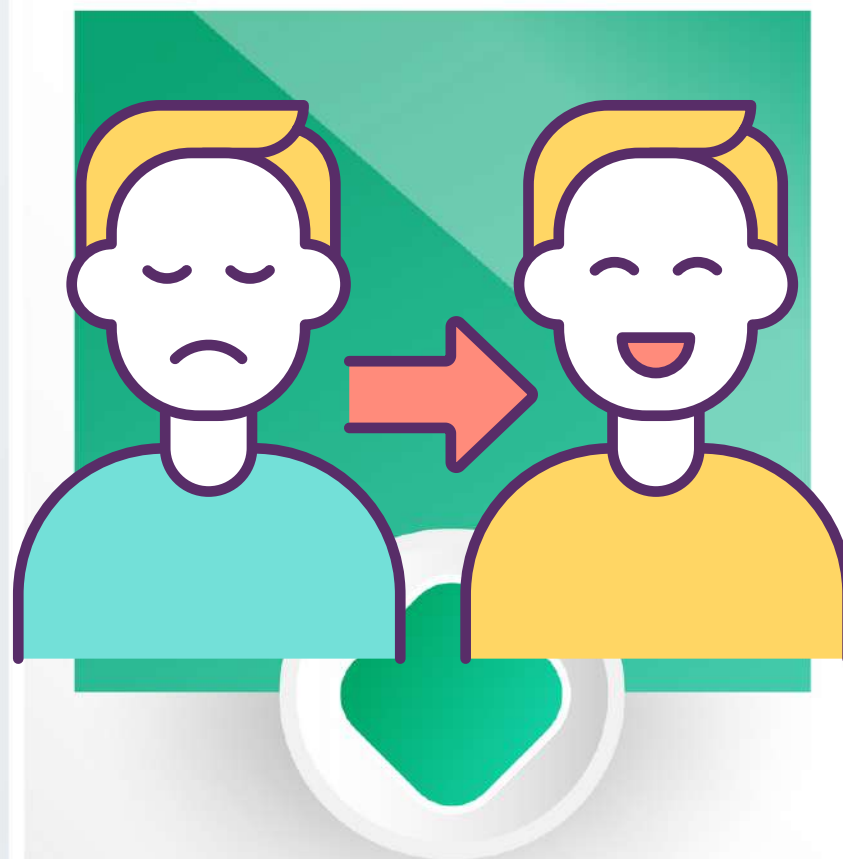


Source: National Center for Biotechnology Information

Signs of Inhalant Abuse



**Loss of
Appetite**



**Change in
Behaviour**



Restlessness



**Skipping
School or Work**

Source: WebDM.com

Short-Term Effects of Inhalant Abuse



Drowsiness



Headache



Slurred Speech



Difficulty in Breathing



Dizziness



Hallucinations

Source: WebDM.com

Long-Term Effects of Inhalant Abuse



Weak Immunity



Seizures



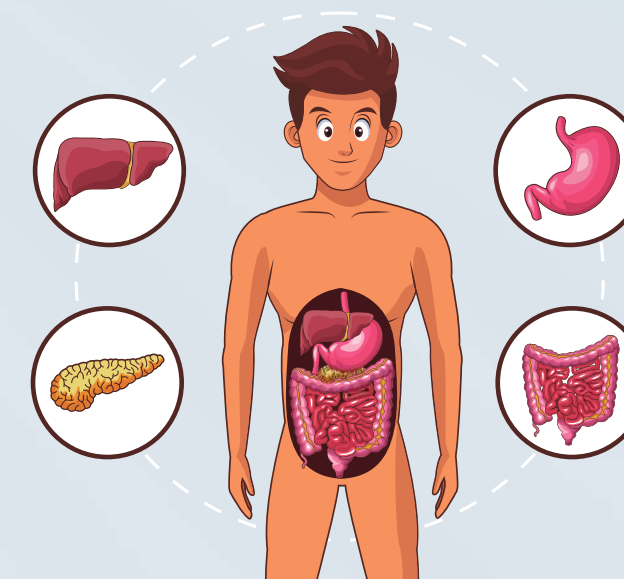
Brain Damage



Muscle Cramps



Hearing Loss



Organ Damage

Source: WebDM.com

Preventing Inhalant Abuse in Children



**Keep dangerous
inhalant
products out of
children's reach**

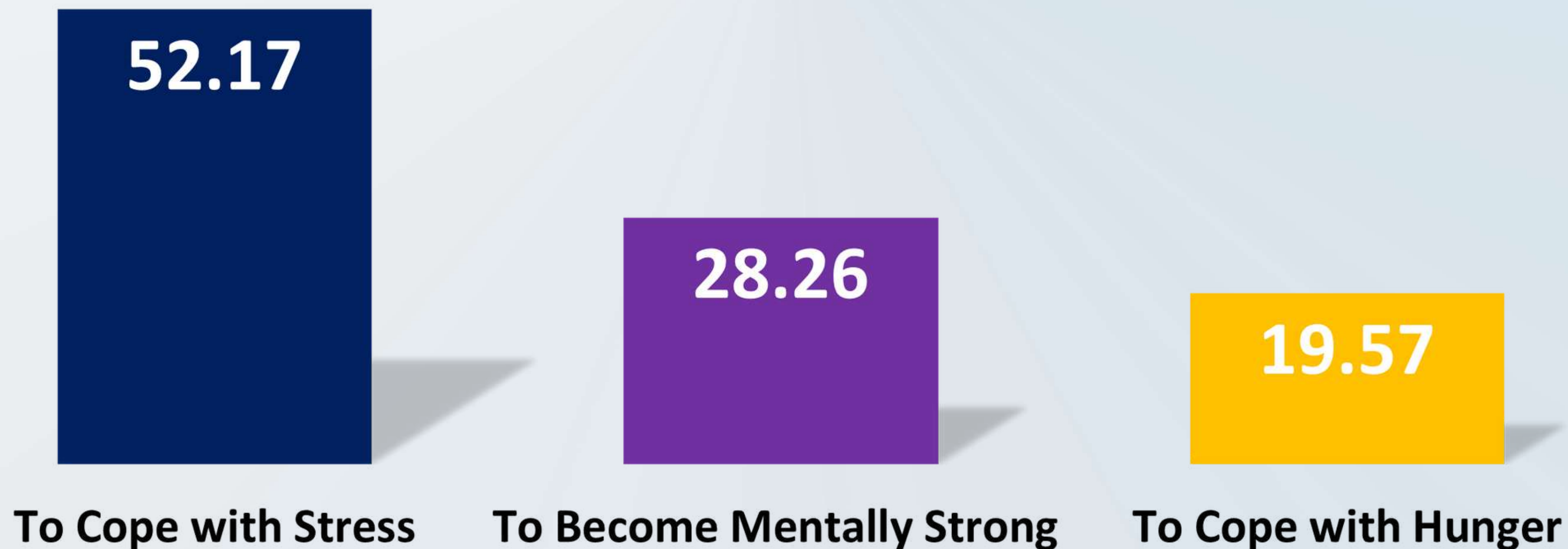


**Educate children
about inhalant
abuse dangers
and how to avoid
them**



**Seek professional
help if children
show signs of
inhalant abuse**

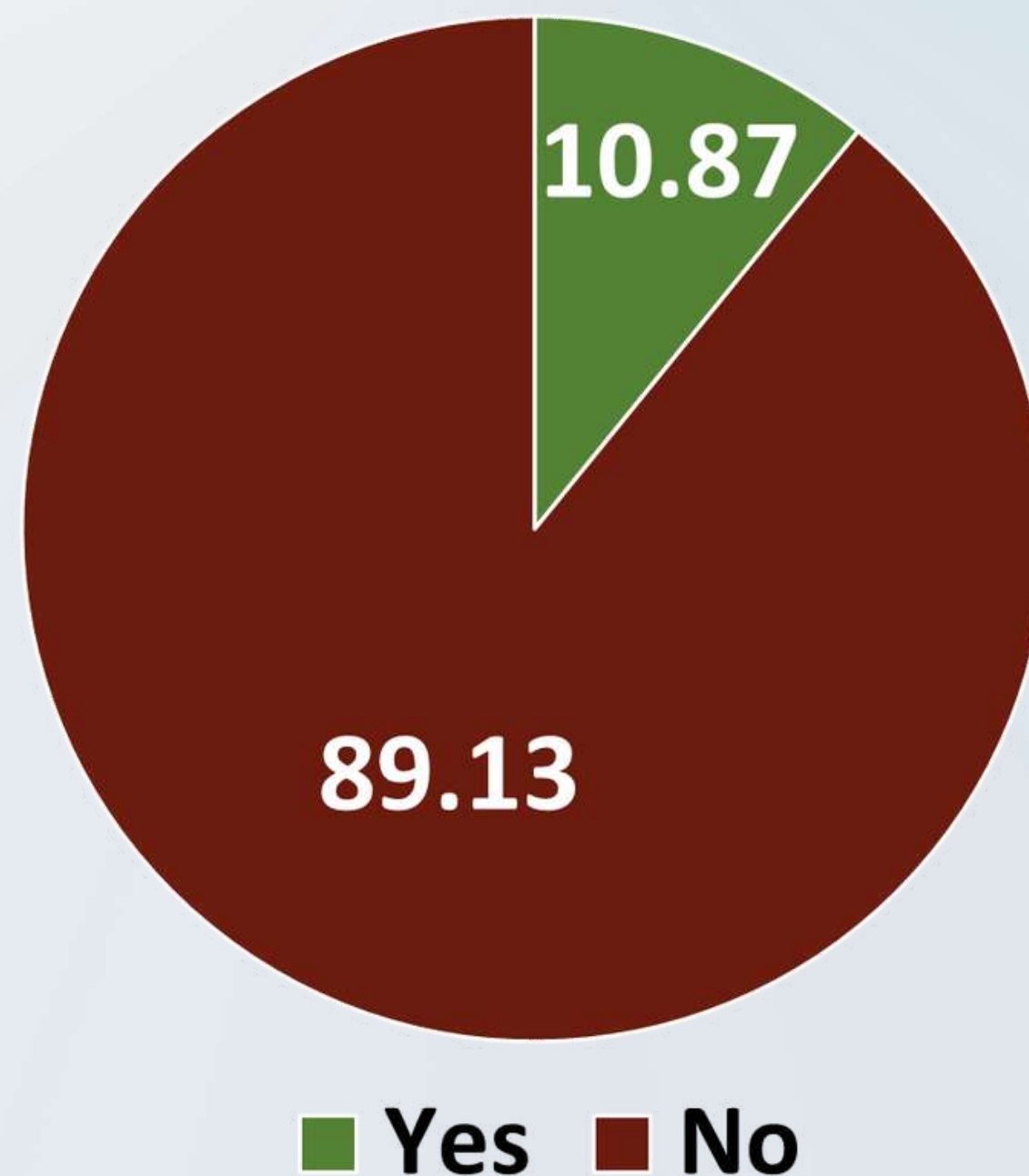
Reported Reasons of Inhalant Abuse



Note: Data in Percentage of 52 street children in Nepal

Source: Wiley Nursing Open

Awareness among Street Children on Effects of Inhalant Abuse



Note: Data in Percentage of 52 street children in Nepal

Source: Wiley Nursing Open

“All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.”

– Jon Kabat-Zinn

[MORE RESOURCES](#)



DB YaR Forum