What is addiction?

* No control over the use of drugs or drinks
* Has to have the drug or drink
* Physical addiction – body becomes dependent
* Psychological addiction – cravings are emotional

Signs of Addiction

* The need to have the drug or drink
* Changes in mood
* Weight loss or gain
* Depression
* Eating disorders

Psychological signals

* Use drug/drink to forget problems
* Withdrawal or keeping secrets
* Loss of interest in activities
* Problems with schoolwork
* Changes in friendships
* Stealing or selling belongings
* Anxiety, anger or depression
* Mood swings

Physical signals

* Changes in sleeping habits
* Feeling shaky or sick when trying to stop
* Needing to take more
* Changes in eating habits
* Weight loss or gain

Getting Help

* Don’t try on your own – get help!
* Talk to someone you trust
* Get help from a trained drug counselor or therapist
* Tell friends and family about your decision to stop
* Do not accept invitations where drugs or drinks are involved
* Have a plan of action to replace the drug/drink
* Remind yourself that it doesn’t make you bad or weak

Staying Clean

* Remember addiction doesn’t end with a 6-week treatment program
* It’s a lifelong process
* Join a support group
* Helping others is the best way to help yourself
* Don’t ever be afraid to ask for help!