

Drug addiction does not have any boundaries. Any member of society can be susceptible to drug use. Our personal choices about life, and the decisions we make throughout different periods in life determines our relationship with drugs.



Making the wrong decisions about drug use does not mean that it is the end of the road. This brochure you are reading right now can be the necessary tool for changes you would like to make in your life.

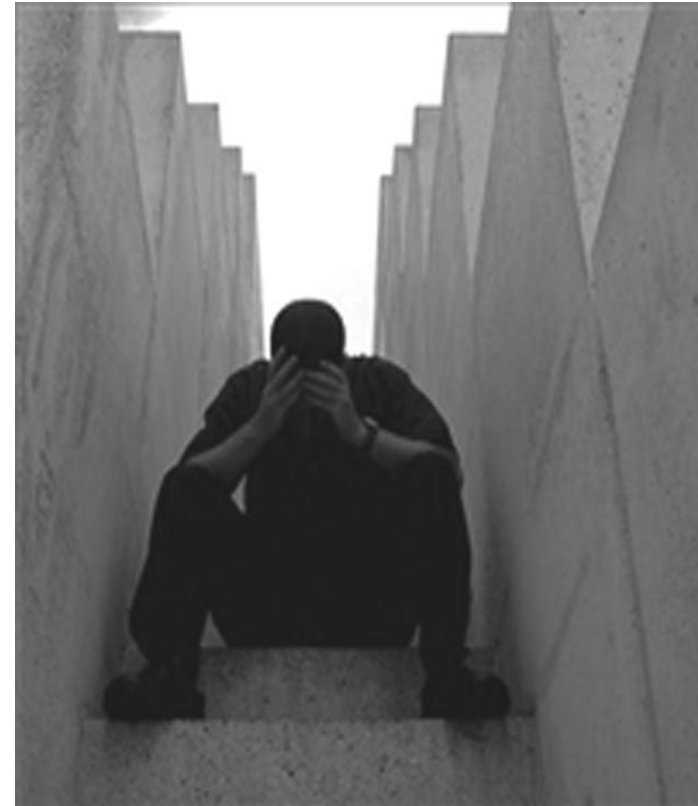
Keep Healthy...

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Help and support is close by...



*Regardless of what stage of **Drug Addiction** you are in, we are here to help you...*

ADDICTION

Throughout the history of humanity, inquisitive human beings have tried different substances* for various reasons. While some of these trials resulted in major scientific discoveries, others became part of religious ceremonies. The relationship of humankind with dependency producing drugs has continued to today.

For some of us, this person-substance relationship is uneventful. For others, the relationship may turn into a vicious cycle, resulting in decline in a quality of life, or even endangering one's life. It may become impossible to stay within the culturally defined limits of substance consumption. That is why it is important to develop awareness about the signs of substance abuse for early intervention.

There is no uniform cycle that can be applied to all substances. Every person shows different levels of susceptibility towards dependence. The following are the primary contributing factors to dependency:

- **Psychological wellbeing:** People may take refuge in alcohol, tobacco and other substances to be able to deal with painful feelings caused by anxiety, depression, and loneliness. People with psychological problems such as depression, hyperactivity, attention deficit disorder, and post-traumatic stress disorder may have a higher frequency of substance dependence.
- **Genetic factors:** Substance addiction may be seen more frequently in some families. There may be some genetic factors involved. The presence of an individual with drug dependence may increase other family members' risk of dependency.
- **Social environment:** *Peer pressure*, which has a crucial role in shaping the life of young individuals, may be an important factor in starting substance use. Inconsistent parental attitudes towards obeying rules or total lack of rules in the life of a teenager are contributing factors.
- **Personality:** Temperamental individuals, those who display hostility and who lack self-discipline, may form a risk group as well.

**Substance: A chemical which, when taken, changes the structure and functioning of the body.*

There are different stages of substance use. In the beginning people, especially teens go through a *trial* period. Later on, some individuals may go through the stage of *regular use*. Some of these individuals *who* become *DRUG ABUSERS* use a chemical substance to alter the state of their body or mind for *purposes* other than those medically warranted. *SUBSTANCE ADDICTION* occurs when the individual develops tolerance towards the substance and exhibits physical and psychological symptoms of withdrawal (anxiety, depression, insomnia, sweating, heart palpitations, tremors, vomiting etc.). Some substances gradually lead to dependency; whereas, with others dependency occurs even after a single use.

Substance addicts may continue using independent from people and events happening around them. Family and friends may be powerless faced with this situation. If you or someone close to you has the below signs of addiction, please seek help:

1. Being frequently under the influence of a substance; “fun activities” revolving around buying and using a substance, sobering up after consumption of drugs,
2. Being a part of a group of people who glorifies substance use or alternatively isolating himself/herself from society, to be preoccupied with substance use,
3. Deliberately continuing to use despite of the harmful effects of the substance,
4. Drug use related problems at work/school,
5. A continuous cycle of a need to obtain and use substances,
6. Loss of faculties as a result of substance use,
7. Developing tolerance for the substance (the capacity of a drug to produce a gradually diminished physical or psychological effect upon repeated administrations of the drug at the same dose level),
8. Using a substance more frequently and in increasing amounts than planned,
9. Experiencing withdrawal symptoms in case of reduction or secession of substances