

## Signs of drug addiction

### Signs that you may be a drug addict or dependent include:

- Taking more drugs than you had planned, not being able to stop or taking them despite having decided to stop or take a break – physical compulsion
- Thinking about when you can next use – mental obsession
- Having to take more to achieve the same effect or using to avoid withdrawal – tolerance
- Your life revolves around drugs, and you have lost your other interests in life
- Feelings such as extreme anxiety, paranoia, depression, anger and self pity
- Relationship difficulties with friends or partner, rowing, feelings of being misunderstood and alone as a result of using
- Getting into risky situations or having risky sex while high or in order to score

### If you are worried about someone you love, here are some signs to look out for:

- Sudden changes in behaviour or mood
- Violent mood swings, extreme behaviour (hyper or depressed, lethargic, paranoid)

- Sudden need for money, will possibly steal it from you or elsewhere
- Bloodshot eyes or pupils that are larger or smaller than usual
- Significant loss of appetite or craving for sweet things
- Sudden weight loss or weight gain.
- Deterioration of physical appearance, lack of self care
- Unusual smells on breath, body or clothing
- Slurred speech or impaired coordination

Legal and illegal substances fall into categories of 'uppers', 'downers' and 'hallucinagens' and include Heroin, Cocaine, Crack, Speed, Crystal Meth, MDMA, Ecstasy, Magic Mushrooms, LSD, Khat, Ketamine, Mephodrone, Cannabis, Skunk, Tranquillisers and prescription drugs; most addicts will mix their drug use to manage their high.

Skunk is an extremely potent and underestimated drug that is widespread and is known to cause a particular psychosis of its own.

If you recognise these characteristics in yourself then we encourage you to ask for help as drug addiction is hard to get into recovery from alone. If its someone you love that you are worried about, get support for yourself first – it can make all the difference if what you are saying comes from a place of self esteem.

If you think you or somebody you love is suffering with drug addiction then give us a call, we can help

**Call 020 7323 4970**

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