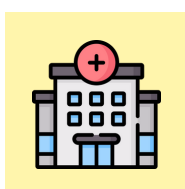


ADDICTION

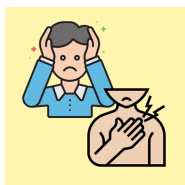
BEATING THE ADDICTION



WHAT IS ADDICTION?



chronic, progressive, and relapse-prone illness



affects a person physically and psychologically



can be addicted to substances or certain activities

CHARACTERISTICS OF ADDICTIONS



Addictive behaviour continues despite negative consequences



Addictive behaviour increases in frequency & intensity over time



When addictive behaviour stops, the person experiences unpleasant feelings & emotions

TYPES OF ADDICTION



Nicotine Addiction



Cyber Addiction



Alcohol Addiction



Drug Problems



Gambling Addiction

NICOTINE ADDICTION

(Signs & Symptoms)



Not able to quit smoking despite serious attempts or facing health problems

When trying to break the habit, you experience strong cravings for tobacco products. You will also experience one or more of the following:



Anxiety



Depressed mood



Restlessness



Irritability & frustration



Increased hunger



Constipation or diarrhea



Insomnia



Avoid social situations where you cannot smoke



CYBER ADDICTION

(Signs & Symptoms)



Spending more time on online games or online activities to achieve the desired excitement

When offline, you think about online games or online activities & look forward to the next session



You lie to hide the extent of your gaming and online activities to your family and friends

Unsuccessful attempts in controlling, reducing or stopping gaming or online activities. When you do, you feel irritable & restless



Using gaming or online activities to avoid problems, or to relieve feelings of helplessness, guilt, anxiety or depression

Forgo significant relationships or education opportunities due to gaming or online activities



ALCOHOL ADDICTION

(Signs & Symptoms)

Not able to control and cannot seem to stop drinking

Feel that drinking is getting out of control and pressured to reduce alcohol intake

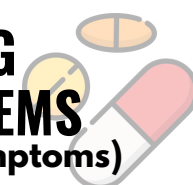
Feel annoyed when people criticise about drinking habits

Cravings to drink throughout the day, and use drinking to overcome negative emotions

Feeling remorseful or guilty about drinking

DRUG PROBLEMS

(Signs & Symptoms)



Spend lesser time with family & friends as they are preoccupied with finding & consuming drugs

Find excuses to continue drug-taking behaviour

Afraid of others finding out about drug-taking activities, attempt to cover up behaviour

Frequent accidents and falls

Face health and sleep problems, including feeling exhausted and depressed because of drug use

GAMBLING ADDICTION

(Signs & Symptoms)



Gambling very frequently and for extended periods

Large sum of money involved in gambling

Recurring debts due to the borrowing of money for gambling

Lie or deny about gambling habit

Continue to gamble despite negative consequences such as huge losses, or relationship problems

Gambling as an escape from emotional problems, worries or frustrations

All Addictions Helpline

6732 6837
Mon to Sun 8am - 11pm

Quit Smoking Helpline

1800 438 2000
Mon to Fri, 8.30am - 5pm
Sat, 8.30am - 1pm

Quit Gambling Helpline

1800 6 668 668
Mon to Sun 8am - 11pm

Quit Alcohol Helpline

6475 0890
24-hour

FOR MORE HELPLINES & other community resources, visit:

<https://www.psb-academy.edu.sg/student-resources/student-care>