

# ADDICTIVE DISORDERS

## TYPES

- Alcohol
- Tobacco
- Gambling
- Opioids (heroin, oxycodone, morphine, or codeine)
- Other prescription painkillers
- Central nervous system (CNS) depressants (sedatives, hypnotics, or anxiolytics)
- Amphetamines (crystal methamphetamine or MDMA)
- Cocaine
- Marijuana
- Sex
- Food and eating
- Internet
- Mobile phone/social media
- Video gaming

## SIGNS AND SYMPTOMS

The signs of addiction vary from person to person, however signs and symptoms of substance addiction may include:

- Inability to stop taking the substance
- Withdrawal symptoms
- Sudden mood swings
- Addiction continues despite health problem awareness
- Insomnia
- Taking risks
- Social and/or recreational sacrifices
- Secrecy and solitude
- Dropping hobbies and activities
- Relationship problems

Our hospital offers treatment of addiction and mental health issues that often go hand-in-hand. We provide relapse prevention and lifestyle management strategies, and discuss the skills, techniques and strategies needed to understand and manage dependency disorders. Our program also targets associated mood and anxiety disorders which commonly co-occur with substance misuse. Our specialised treatment for addiction addresses the root causes of the disease and the inpatient program includes content like:

- Why do people become addicted?
- Cognitive Models of Addiction
- Understanding Triggers
- Relapse Prevention: Warning Signs
- Personal Strengths
- Changing Thoughts
- Urges and Cravings