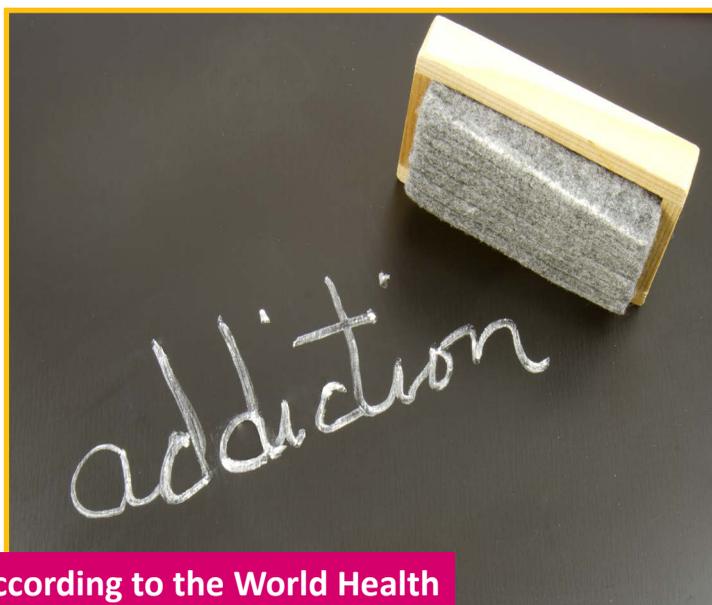


# Spot the signs of drug addiction



Drug addiction is a global concern. According to the World Health Organisation there are more than 15.3 million people who have drug use disorders. These addictions can result in serious and in some cases life-threatening consequences. Therefore, it is important to spot these addictions early and get help.

Drug addiction can have devastating medical and social consequences for the addict. Here are a few signs and symptoms to spot drug addiction early.

## You may have a drug addiction if:

- You have a daily reliance on a specific drug.
- You have intense cravings for a particular drug.
- Over time you have to increase the amount of a specific drug you take to get the same effect as you did previously.
- You are constantly fixated on when you will get your next fill of a specific drug.
- You spend excessive amounts of money to purchase a drug you can't afford because you crave it. You find ways to acquire this substance even if it means performing illegal acts like stealing to get it.
- You start falling behind at work or with other commitments because of the drug habit.
- You miss social activities and recreational events because of your habit.
- You are unable to quit using this substance no

matter how hard you try.

- You start to experience withdrawal symptoms such as nausea and irritability when you attempt to stop using the drug.

## What to do if you have a drug addiction

Drug addiction can have a major negative impact on the lives of the both the addict and the people around them. It is important to seek help as soon as you notice that your drug use, or that of a friend or colleague is starting to get out of control. You can contact your doctor, mental health practitioner, or your employee wellness programme for help.

## Overcoming a drug addiction

Getting over a drug addiction can be incredibly challenging, however the key is to start a rehabilitation programme as soon as you can. Having a good support structure around you during this time can also help you to overcome this habit.