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# DRUG ADDICTION

- WHAT IS DRUG ADDICTION?
- WHAT ARE THE HARMS OF SUBSTANCE ABUSE?
- HOW DOES THE ADDICTION PROCESS BEGIN AND PROGRESS?
- WHAT CAN WE DO TO NOT BECOME ADDICTED?





## WHAT IS DRUG ADDICTION?

SUBSTANCE ABUSE IS THE USE OF SUBSTANCES THAT ADVERSELY AFFECT THE FUNCTIONS OF THE BODY, AND THEREFORE THE USE OF THESE SUBSTANCES CANNOT BE STOPPED EVEN THOUGH IT IS DAMAGED.

People with substance abuse often experience physical and mental problems as well as psychological.

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## WHAT ARE THE HARMS OF SUBSTANCE ABUSE?

As the frequency of substance abuse use increases, physiological and psychological effects such as disconnection from work and school life, introversion, weight loss, sweating, increases in lying behavior, increases in anxiety level, lack of attention to self-care, depressive states and attention deficit are observed.



# How does the addiction process begin and progress?

- SOCIAL ENVIRONMENT AND PEER PRESSURE
- CURIOSITY AND THE FIRST TRIAL
- GETTING USED TO IT AND MOVING TOWARDS BECOMING DEPENDENT
- DON'T GIVE IN TO ADDICTION
- THE TREATMENT PROCESS



# HOW TO GET RID OF ADDICTION?

People with substance addiction can get rid of substance addiction as treatment under the supervision of a doctor. But here, people who want to get rid of substance abuse need to work with a specialist and also get therapy support.

