

## What is it ?

Addiction is an irrepressible and uncontrollable need to consume a substance or to perform certain actions. When this need is satisfied, it brings a certain pleasure. On the other hand, when it is not satisfied, it creates a feeling of withdrawal (craving), which may have serious consequences depending on the individual's level of dependence.

## 8 SIGNS OF ADDICTION

- 1 Substance consumed in significant quantities and over a long period of time
- 2 Persistent cravings or unsuccessful efforts to reduce or control use
- 3 Considerable time involved in obtaining the substance
- 4 Intense cravings or withdrawals
- 5 Repeated use in situations where it may be physically dangerous
- 6 The substance is taken to relieve or avoid withdrawal symptoms
- 7 Reduction or abandonment of social activities
- 8 Repeated use

## DID YOU KNOW ?

**There are 2 types of addiction**

### 1- Physical dependence

Physical dependence occurs when the body has become so used to a substance that it needs it to function. When the person stops using the substance, they feel a craving, which is accompanied by symptoms: this is called withdrawal.

### 2- Psychological dependence

Psychological dependence is related to the effects of the substance or behaviour and its surrounding context. It is influenced by several factors such as the person's personality, lifestyle, and social environment.

Source : canada.ca

