

DIFFERENT TYPES OF ADDICTION

What is it ?

There are two main categories of addiction:

1. Substance dependency: The term refers to substances that can cause dependency. These substances include nicotine, narcotics, and alcohol.

2. Non-substance dependency: Items that do not contain any addictive substances can also lead to a state of intoxication. This state, caused by an increased release of endorphins ("happy hormone") can lead to addiction to the initial pleasure experienced.

4 SPECTRUMS OF SUBSTANCE USE

1 Beneficial: use with a positive impact (health, spiritual, or social)

2 Occasional non-problematic: recreational use with negligible health or social effects

3 Problematic: Use that has negative consequences for the individual, their friends, family, or society

4 Chronic: use has become habitual and compulsive despite negative health and social effects

DID YOU KNOW ?

Psychoactive substances are classified into different categories. These are:

- **Stimulants:** Minor: caffeine, nicotine; Major: amphetamine, cocaine, ecstasy
- **Depressants:** Alcohol, GHB, codeine, morphine, heroin, anxiolytics, sedatives, hypnotics, gasoline vapor, cleaning products, varnish
- **Disruptors:** Cannabis (hashish, hash oil, dried cannabis); Hallucinogens (Ecstasy, PCP, LSD, mushrooms, ketamine)

