

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)

