

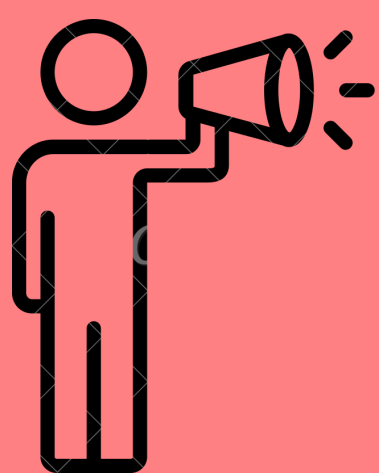
SUBSTANCE USE, ABUSE AND ADDICTION

A Guide for Professionals

It is common to be overwhelmed by work, especially in a competitive world like the one we live in. Choosing to deal with the stress with substances can be extremely harmful. The important thing as an adult is to be sensitive to yourself and to others, and recognise when professional help is required.

Organise Awareness Programs

Bring in professionals and organise awareness programs on the mental, physical and socio-occupational impact of drugs.



Find Alternate Methods of Stress-Relief

Living the professional life can be overwhelming and resorting to substances can help alleviate some of the stress, but this is a maladaptive coping mechanism which will only lead to more problems in the future. It is important to find healthier ways to de-stress.



Withdrawal Symptoms

There is a temptation to fall back into the use of drugs once one has been clean for a while. Such symptoms need to be recognised and worked on, either with the help of loved ones or with the help of professionals.



Benefits of Rehabilitation

Rehabilitation can be very beneficial in terms of dealing with the effects of drug abuse and can help one integrate back into society and lead a healthy drug-free life.

