

What is addiction?

Addiction is a **chronic, recurring disease** – not a weakness of will or a moral failing.

Another word for addiction is **dependency**.

One speaks of an addiction when one becomes dependent on something, e.g. on certain substances (alcohol, nicotine, medication,...), on illegal substances (cannabis, heroin, cocaine, LSD,...) or on behavior (gambling...).

Signs of an addiction:

- Strong desire or inner urge to consume/ behave
- Little to no control over frequency, duration and amount of use/behaviour
- When consumption/behaviour is reduced, withdrawal symptoms appear (e.g. restlessness, irritability, anxiety, sleep problems, sweating, freezing, trembling...)
- Consumption/behaviour is becoming more frequent and stronger – a so-called "tolerance" has formed, when consuming a higher dose is necessary
- Consumption/behaviour becomes extremely important – neglect of interests, social contacts or work
- Consumption/behaviour is continued despite knowledge of psychological, physical and social risks



Addiction does not develop overnight and has many different causes.

Not every substance use leads to addiction or dependency. Consumer behavior is based on basic human needs – mostly it is an attempt to satisfy needs that cannot or do not appear to be met or resolved in any other way at the moment.

Triggers can be e.g.:

Stress relief, desire to relax, to calm down, to improve mood, to relieve pain, to forget, to escape reality, to sleep better, to feel more secure, to perform better, to loose up, to have fun, to try something new, to belong and much more.

What can be helpful:

Addiction can affect your whole life. It can help to seek **professional support** and contact **addiction support facilities** or talk to **experts**.

We at the NEDA project are happy to help you get better and support you in finding the right facility!
Feel free to give us a call!



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