

Why do people continue use despite adverse effects?

- Instant satisfaction
- Brain and body dependence
- Avoiding withdrawal
- Dealing with difficult issues or feelings
- “Feeling stuck”



When should I talk to someone about addiction?

If you answer “YES” to any of the following questions, you may benefit from seeking more information.

1. Have you felt annoyed by people criticizing your use or behaviour?
2. Have you ever felt guilt or shame about your use or behaviour?
3. Have you ever felt the need to keep your use or behaviour a secret from others?
4. Have you ever used or engaged in behaviour(s) at the beginning of your day to steady your nerves or feel better?
5. Have you ever felt the need to reduce use or change a behaviour?

SUPPORTS ARE AVAILABLE



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Access: Intake, Information & Referrals

Call: 905-451-2123 or 1-877-451-2123

Email: info@cmhapeel.ca

Fax: 905-456-7492

<https://cmhapeeldufferin.ca/>

314-7700 Hurontario Street
Brampton ON, L6Y 4M3



24.7 CRISIS SUPPORT



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

905.278.9036 PEEL

1.888.811.2222 DUFFERIN

cmhapeeldufferin.ca

Addictions



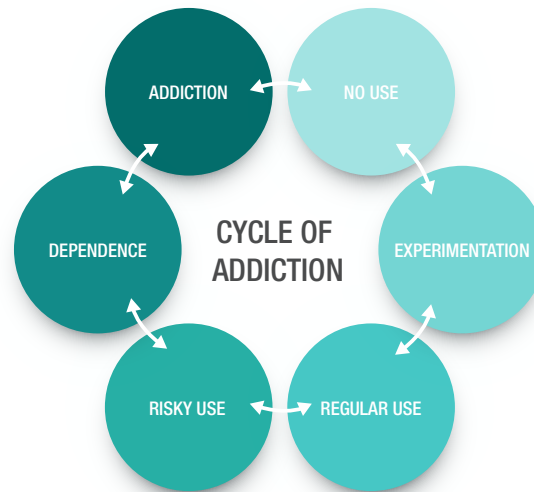
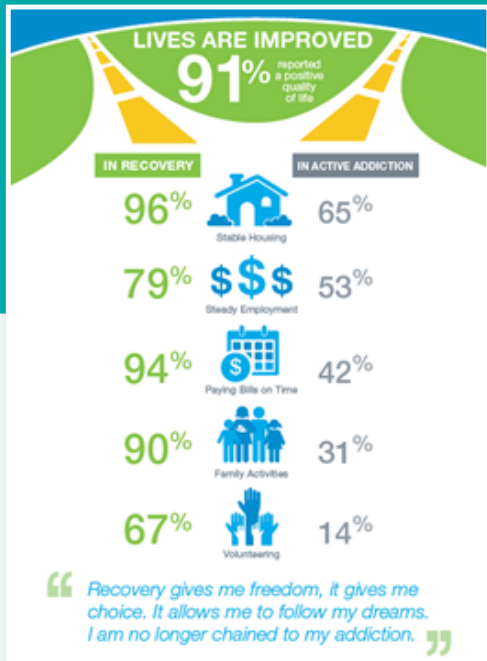
Canadian Mental
Health Association
Peel Dufferin
Mental health for all

www.cmhapeeldufferin.ca

In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.¹

The word ‘addiction’ is often used to describe things that are difficult to stop doing or live without. In this brochure, addiction refers to the use of substances (e.g. alcohol, drugs) and behaviours (e.g. gambling, shopping) to a degree that may disrupt a person’s ability to live a healthy life.

Substances and certain behaviours may produce feelings of pleasure, calmness, a rush, or a high. These may lead a person to continue seeking the pleasurable effects despite adverse outcomes.



The following quotes are examples of individuals’ statements at each stage of the Cycle of Addiction.

I smoked a joint for the first time at a party with friends.

Experimentation: It involves trying a new substance or behaviour. This often occurs with friends or peers.

Every time I hang out with friends, we smoke a joint.

Regular Use: It may be frequent, though not necessarily daily. It usually follows a predictable pattern. Stopping or cutting down may cause unpleasant effects (i.e. withdrawal).

I drove home from my friend’s house high and was pulled over. I was given a ticket for impaired driving and my licence was suspended.

Risky Use: It causes changes in daily activities which may result in problems in different areas of life such as relationships, legal, financial, emotional, and overall health.

I need to smoke a joint as soon as I wake up. I’m moody and nauseous if I don’t.

Dependence: It gets in the way of meeting daily responsibilities. Increased use is needed to feel the same effect (i.e. increased tolerance). Stopping or cutting down often leads to withdrawal.

I spend a lot of time buying and smoking weed even though it makes me paranoid. My doctor told me it might be causing my constant cough. I also can’t get my licence back because I can’t stop smoking – it’s just part of who I am.

Addiction: A simple way to describe addiction is to use the **4Cs approach**:

- **Craving** the use of a substance or behaviour.
- Loss of **control** of amount or frequency of use or behaviour.
- **Compulsion** to use or engage in a behaviour.
- Despite adverse **consequences**, the addiction becomes a priority in a person’s life. This may include harmful effects to a person’s brain and body.

1. Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.
 2. Canadian Centre on Substance Use and Addiction. (2017). Recovery is Possible and Achievable. Canadian Centre on Substance Use and Addiction.
<https://ccsa.ca/sites/default/files/2019-04/CCSA-Life-in-Recovery-from-Addiction-Infographic-2017-en.pdf>.