

Addiction & Substance Use



Addiction is a chronic disease marked by compulsive drug seeking and use despite harmful consequences, impacting individuals, families, and the Jamat.

WHY DO PEOPLE USE DRUGS?

- To feel good or “high”
- Peer pressure
- Unhealthy response to stress, anxiety, depression, etc

WHAT ARE SOME COMMONLY USED DRUGS OF ABUSE?

Tobacco, Vaping, Alcohol, Marijuana, Opioids, Cocaine, Methamphetamine

WHAT ADDICTION IS NOT:

- Not a moral failing
- Not a sign of weak character
- Not a reflection of low will power

WHY IS IT SO HARD TO QUIT?

Drugs change the brain in ways that make quitting hard, even for those who want to!

CAN DRUG ADDICTION BE TREATED? YES!

Addiction can be treated through a combination of therapy, medication & support systems.

If you or someone you know is struggling, please reach out to your primary care provider or contact
ACCESS at 1-844-55ACCESS

