



# SUBSTANCE AND ADDICTION DISORDERS

## Substances and addictions

Several behaviors can cause dependency. Addictions are usually associated with alcohol or drug use, but addiction can take many forms. For example, sports, work, gambling, relationships, video games, the Internet, or sexuality can lead to addiction.

Addiction usually manifests itself in the uncontrollable and irrepressible need to consume or to engage in a behaviour. Some of these behaviours may be healthy when moderate, but when they **cause significant distress or difficulties in social functioning, at work or in another sphere of life**, it is called a disorder.



*DSM-5, Manuel diagnostique et statistique des troubles mentaux ("Diagnostic and Statistical Manual of Mental Disorders") - American Psychiatric Association (2013)*

## Forms of addiction



### Psychological

Psychological dependence manifests itself in the need to consume or to engage in a behavior to feel better about oneself, to relax or to give oneself courage. It allows the individual to manage or soothe negative emotions or thoughts. The person seeks to recreate the experience of pleasure given by the substance or activity.



### Physical

Physical dependence is when the body has become accustomed to a substance to the point where it needs it to function. Thus, when the person stops consuming this substance, he feels a craving that is accompanied by symptoms. This is called withdrawal. Depending on the nature of the substance, withdrawal symptoms can be more or less unpleasant: headaches, tremors, nausea, etc. Withdrawal from certain substances can cause pain to the point of making withdrawal intolerable and requires medical support.





## Family and Friends

Individuals living with a substance-related, or addiction disorder, will often isolate themselves (or develop network of people that they consume with) and have less interaction with family and friends. Relatives play an important role in maintaining and strengthening an addictive behaviour. In some cases, the help that a person thinks she should provide may even have the opposite effect and encourage the addiction. Indeed, someone could want to help by:

- minimizing the problem or attempting to excuse it;
- attempting to hide the problem from others;
- helping the addict financially, by repaying his debts or lending him money.

However, these actions (even if well-intentioned) can help to maintain the addictive behaviors.

**It is possible to help and to be helped as long as you receive the appropriate support. That's why it's important not to try to manage alone and to ask for help.**

## When should I ask for help?

### Signs that it may be time seek support:

- Continued consumption or behavior despite it causing problems (physical, psychological or social).
- Having difficulty setting/respecting a limit in relation to the behaviour or consumption.
- Spending a lot of time trying to access the substance, preparing to engage in the behavior, or recovering from its effects.
- The behavior or consumption causes difficulties in relationships with partners, family, friends or professional relationships.
- Behaviour or consumption interferes with or leads to the abandonment of professional or leisure activities.
- Having to increase the amount consumed or the intensity of the behavior to achieve the same desired sensation.

Équipe Santé Mentale Jeunesse  
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## RESOURCES

- **Info-Sociale (8-1-1)**
- **Drugs Help and Referrals** – [www.aidedrogue.ca](http://www.aidedrogue.ca)
- **Help and hope for friends and families of alcoholics** – [www.al-anon.org](http://www.al-anon.org)
- **Addiction Prevention Center** – [www.cqld.ca](http://www.cqld.ca)
- **Canadian Centre of Substance Use and Addiction** – [www.ccsa.ca](http://www.ccsa.ca)
- **Centre de réadaptation en dépendance de Montréal** – [www.dependancemontreal.ca](http://www.dependancemontreal.ca)
- **Gambling Help and Referral** – [www.aidejeu.ca](http://www.aidejeu.ca)
- **Québec Sans Tabac** – [www.quebecsanstabac.ca](http://www.quebecsanstabac.ca)
- **Le Portage West Island** – [www.portage.ca/en/](http://www.portage.ca/en/)
- Drug Addiction Rehabilitation Program
- **Centre Dollard-Cormier** - Institut universitaire sur les dépendances / (514) 385-0046
- **Centre de réadaptation Foster** - [www.pavillonfoster.org](http://www.pavillonfoster.org)
- **Educalcool** – [www.educalcool.qc.ca](http://www.educalcool.qc.ca)
- **ToxQuébec** – [www.toxquebec.com](http://www.toxquebec.com)  
*Addiction References in Quebec*
- **Addiction and Mental Health Center** - [www.camh.ca](http://www.camh.ca)
- **Le Grand Chemin** - [www.legrandchemin.qc.ca](http://www.legrandchemin.qc.ca)

