

ENCOURAGEMENT
UNDERSTANDING HOPE
INSPIRATION RELAXATION
SPECIALIST DRUG
CARE DEPENDENCY
FREEDOM PLEASURE RELIEF
CONFIDENCE EXHILARATION
ACCOMPLISHMENT
STIMULATING LIGHTENING
COMFORT CLEAN REVITALISING
OPTIMISM PLEASURE
WHOLENESS SOOTHING
QUALITY CARE PROTECTION
SUPPORT WELLBEING VIGOR
HAPPINESS VITALITY REST
GUIDANCE TRUST HELP
DEVELOPMENT NOURISHING
HOPE HEALTH LOVE
REFRESHING STIMULATING
HEALING AND RELAXATION
SANCTUARY ENERGY
STRENGTH EDUCATION SAFE
ASSIST MAINTAIN AID
CARE

PRIORY

You may need help if you're dependent on drugs. A good step towards recovery is a better understanding of drug dependency. This leaflet outlines its symptoms and the treatment available.

What is drug dependency?

Drug dependency can affect anyone. There are many drugs – some are legal (for example, tranquillisers and sleeping tablets) and others are illegal (for example, cocaine and cannabis). People can become addicted to legal or illegal drugs.

If drugs have a negative effect on your mind or body, or both, you may be suffering from a dependency on drugs.

A drug that gives you a pleasant experience can make you want to take more drugs. This could lead to 'psychological dependence'. If you feel a need to take a drug, or feel physically unwell unless you take them, you could be suffering from 'physical dependence'.

ON NOURISHING QUALITY ENT HELP CARE GUIDANCE S SOOTHING STIMULATING

The symptoms of drug dependency

If you can't stop yourself from regularly taking a drug, even when you know it's harmful, you have a clear symptom that you're dependent on it.

If you've become physically addicted, without the drug you'll suffer withdrawal symptoms such as nausea (feeling sick), sweating, diarrhoea and shaking. If you've become psychologically dependent, withdrawal can make you feel irritable, depressed or tired.

Over time, as your dependency develops, you'll need more of the drug to achieve the same effect. Drug use can take over your life so much so that you neglect your work or studies, hobbies, social life, family and friends. And feelings of guilt at your addiction can make you feel more alone. Many people function quite well for long periods of time even while they still use drugs. They only realise there is a problem when they can no longer get any drugs.

What are the effects of drug dependency?

Many people believe that anyone who uses drugs will end up dead, and there are others who think drug use is an everyday part of a normal social life. In reality, there are many harmful effects from taking drugs, although not all of them will kill you. Drugs are not all the same. The effects will vary depending on what drugs or how much you take.

For more information about the effects of drug dependency, contact DrugScope on 0870 7743 682 or visit

www.drugscope.org.uk

How is drug dependency treated?

The first step to recovery is accepting that you have a problem. Once you've accepted that you have a problem, you can then get help. Detoxification and psychotherapy are among the options used to treat drug dependency. Abstinence is the main goal of treatment, although some people find this difficult to achieve.

How does detoxification work?

If you're physically addicted to a drug, the first step in treatment is medically assisted withdrawal or detoxification, supported by medication. This involves replacing the drug with other drugs, then reducing the dose. This may take longer if it is carried out at home or as an outpatient. The aim is to reduce the unpleasant withdrawal symptoms. These symptoms are generally worse during the first day of treatment, but quickly improve over the following days.

How does abstinence work?

Where abstinence is needed, treatment is structured. The main aim is to help you give up the drug completely, rather than simply cut down how much you take.

Will I have to go to hospital?

If you're physically addicted to a drug and cannot stop taking it or you need to go to hospital for your personal safety, you may need inpatient treatment. It's more intensive and supportive, and usually takes four to six weeks.

COMFORT REVITALISING
INSPIRATION CLEAN
ENCOURAGEMENT
FREEDOM PLEASURE RELIEF

ON NOURISHING QUALITY ENT HELP CARE GUIDANCE S SOOTHING STIMULATING

What therapy is used to treat drug dependency?

Treatment for drug dependency is based on an intensive programme of group work and individual counselling. This helps you cope without drugs and adopt a healthy lifestyle.

We'll encourage you to identify your drug dependency, then help to sort out these problems with new ways of coping through building self-esteem and positive attitudes.

Support from family and friends is very important when you are trying to live without drugs. For many people, taking drugs has become an important part of their lives. Opening up and talking about problems and making changes can be very stressful.

What different help is available?

There are many community services available for treating drug problems. These vary from an advice service and a harm-reduction service, to individual counselling and group therapy.

You may choose to get help at a private clinic or hospital. These offer reduced waiting times. There are many units in the UK that treat drug dependency. You may also receive specific treatment in these units, not only for your drug dependency but also for any associated effects.

Finding help

Contacting your GP is often the easiest way to get help and further treatment. He or she may offer you counselling or refer you to a specialist for further assessment. This may lead to outpatient treatment or, if the problem is more serious, day or inpatient treatment.

If you're worried about talking to your GP, you can:

- consider writing down your concerns and questions;
- take a friend or family member with you;
- see another doctor in the practice; or
- join a new GP practice.

The type of professional support offered will depend on the services that are available in your area and the arrangements that your primary care trust (PCT) have with other health authorities or private providers. Treatment for drug dependency is also available privately through the Priory Group.

If you feel that you or a close relative are having problems which could be caused by drugs and would like help or more information, you can ask your GP or contact any of the following organisations.

DrugScope	0870 7743 682 (www.drugscope.org.uk)
Narcotics Anonymous (NA)	020 7730 0009 (www.ukna.org)
Cocaine Anonymous (CA)	020 7284 1123 (www.cauk.org.uk)
NHS Direct (England and Wales)	0845 4647 (www.nhsdirect.nhs.uk)
NHS 24 (Scotland)	08454 242424 (www.nhs24.com)
Priory	0845 4 PRIORY 0845 4 774679 (www.priorygroup.com)

We offer a free, confidential, no-obligation assessment to people who depend on drugs, or their close relatives or friends. This service is also available to GPs, employers and occupational health staff. During the assessment, we will discuss your drug-taking history, lifestyle and the different treatment options. If we cannot help, we will always put you in touch with someone who can.

If you suspect you've got a problem with drugs, call **0845 4 774679** to book a free assessment with a therapist at one of the Priory hospitals in the UK.

COMFORT REVITALISING
INSPIRATION CLEAN
ENCOURAGEMENT
FREEDOM PLEASURE RELIEF

Why should I choose Priory?

Our service

At Priory, our committed and professional staff provide the highest standards of care, understanding and service for everyone. This service brings hope and confidence, allowing our patients to take control of their lives within a safe and secure environment.

Expertise and innovation

Through our close links with the public and private sectors, we've developed the expertise and innovation to offer consistent and successful treatment. And, as Europe's leading independent provider of specialist mental health, neuro-rehabilitation and special education services, we bring experience and an excellent reputation.

This document has been edited by
Dr Massimo Riccio MD FRCPsych, with the help of
Plain English Campaign (www.plainenglish.co.uk).

The Crystal Mark applies to wording only.



The Priory Hospital Altrincham

Rappax Road, Hale, Cheshire, WA15 0NX
Phone: 0161 904 0050 Fax: 0161 980 4322

The Priory Hospital Brighton & Hove

14-18 New Church Road, Hove, East Sussex, BN3 4FH
Phone: 01273 747 464 Fax: 01273 727 321

The Priory Hospital Bristol

Heath House Lane, Stapleton, Bristol, BS16 1EQ
Phone: 0117 952 5255 Fax: 0117 952 5552

The Priory Hospital Chelmsford

Stump Lane, Springfield Green, Chelmsford, Essex, CM1 7SJ
Phone: 01245 345 345 Fax: 01245 346 177

The Priory Hospital Glasgow

38-40 Mansionhouse Road, Glasgow, G41 3DW
Phone: 0141 636 6116 Fax: 0141 636 5151

The Priory Hospital Hayes Grove

Prestons Road, Hayes, Bromley, Kent, BR2 7AS
Phone: 020 8462 7722 Fax: 020 8462 5028

The Priory Hospital North London

Grovelands House, The Bourne, Southgate, London, N14 6RA
Phone: 020 8882 8191 Fax: 020 8447 8138

The Priory Clinic Nottingham

Ransom Road, Nottingham, NG3 5GS
Phone: 0115 9693 388 Fax: 0115 9693 381

The Priory Hospital Preston

Rosemary Lane, Bartle, Preston, Lancashire, PR4 0HB
Phone: 01772 691 122 Fax: 01772 691 246

The Priory Hospital Roehampton

Priory Lane, Roehampton, London, SW15 5JJ
Phone: 020 8876 8261 Fax: 020 8392 2632

The Priory Hospital Southampton

Hythe Road, Marchwood, Southampton, SO40 4WU
Phone: 023 8084 0044 Fax: 023 8020 7554

The Priory Ticehurst House

Ticehurst, Wadhurst, East Sussex, TN5 7HU
Phone: 01580 200 391 Fax: 01580 201 006

The Priory Hospital Woking

Chobham Road, Knaphill, Woking, Surrey, GU21 2QF
Phone: 01483 489 211 Fax: 01483 797 053

Woodbourne Priory Hospital

21 Woodbourne Road, Edgbaston, Birmingham, B17 8BY
Phone: 0121 434 4343 Fax: 0121 434 3270

PRIORY

Priory Group, Priory House, Randalls Way,
Leatherhead, Surrey, KT22 7TP

Phone: 01372 860 400 Fax: 01372 860 401

Email: info@priorygroup.com www.priorygroup.com