

MIND Your Health



TOPIC: Addiction

Joint Initiative By



**INSTITUTE
of
MENTAL
HEALTH**
National Healthcare Group

Supported by



PLEASE NOTE

- ❖ **This deck of slides is shared at the courtesy of The Institute of Mental Health.**
- ❖ **Please refrain from repurposing the content in these slides.**

Thank you for your kind understanding.

What is Addiction?

Physical and psychological impaired ability to stop consuming a substance or activity in spite its harms.



Pictures credit: iStock

Discussion Topics



Pic credit: vecteezy.com

Drugs



Pic credit: uideownload.com

Alcohol



Pic credit: vecteezy.com

Gambling



Pic credit: freepik.com

Help



Pic credit: freepik.com

Resources

Drugs



Pic credit: vecteezy.com

What are drugs?

Any substance which, when taken into the body, alters the body's function either physically and/or psychologically.



Pic credit: vice.com

Types of Substance Abuse



Pic credit: mercer.com

Prescription Drugs



Pic credit: pharmaceutical-journal.com

Illicit Drugs

Prescription Drugs Abuse



Pic credit: mercer.com

Relationship with legal substance becomes abused when:

- One overuse's prescribed medication
- One ingest them for a purpose outside its original intent
- One develops a dependency

Prescription Drugs Abuse



Pic credit: mercer.com

Signs:

- Asking for repeated prescriptions before needing them
- Needing to increase dosage to feel the effect
- Suffering from withdrawal symptoms such as anxiety, seizures, insomnia

Illicit Drugs Abuse



Pic credit: pharmaceutical-journal.com

Consuming illegal drugs are always considered misuse.

Illicit Drugs Abuse

Signs:

- Knowing of constant drug supplies
- Failure to stop using
- Needing to increase dosage to feel the effect
- Suffering from withdrawal symptoms such as hand shaking, restlessness, affects daily functioning



Pic credit: trendhealth.org

Criteria for Substance Abuse Disorders



Cravings to use the substance



Wanting to cut down or stop but not managing to



Taking the substance in larger amounts or for longer than you're meant to



Neglecting other parts of your life because of substance use



Continuing to use, even when it causes problems in relationships



Using substances even when it puts you in danger

Screening Tool

In the past 12 months...

Have you used drugs other than those required for medical reasons?

Do you abuse more than one drug at a time?

*Are you always able to stop when you want to?

Have you ever had blackouts or flashbacks as a result of drug use?

Do you ever feel bad or guilty about your drug use?

Does your spouse (or parents) ever complain about your involvement with drugs?

Have you neglected your family because of your use of drugs?

Have you engaged in illegal activities in order to obtain drugs?

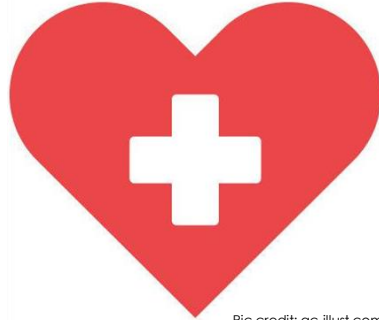
Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?

Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding)?

Score	Degree of Problem
0	No Problem Reported
1-2	Low
3-5	Moderate
6-8	Substantial
9-10	Severe

Note: Score 1 for every "Yes", except for (*).

Consequences



Pic credit: ac-illust.com

Physical Health



Pic credit: vectorstock.com

Mental Health



Pic credit: lluisosdegracia.cat

Relationships



Pic credit: flaticon.com

Finances



Pic credit: flaticon.com

Legal

Alcohol



Pic credit: uideownload.com

NATIONAL
ADDICTIONS
MANAGEMENT SERVICE

What is alcohol?

Substance that alters thinking, perception, mood, emotions, and behaviors.



Pic credit: liverfoundation.org

What is a standard drink?

1 standard drink contains about 10g of alcohol (at 20 degrees Celsius) = 12.5ml of alcohol



Types of Drinking Patterns

Social use

- Occasional drinking with friends
- Festive seasons/special occasions
- 1-2 drinks each time

Alcohol Use Disorder

- Arrested for drink driving
- Violence under intoxication
- Drinks uncontrollably
- Recurrent problems in important areas of life
- Over a 12 month period

Simple Alcohol Screening

The **Mayo Clinic** suggests that one may be misusing alcohol if they answer “yes” to the following questions:

- 1) Do you need to drink more in order to feel the effects of alcohol?
- 2) Do you feel guilty about drinking?
- 3) Do you become irritable or violent when you're drinking?
- 4) Do you have problems at school or work because of drinking?
- 5) Do you think it might be better if you cut back on your drinking?

Lower Risk Drinking Guidelines

Men: ≤ 2 standard drinks

Women: ≤ 1 standard drink

Have 2 alcohol-free days/week

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age/gender
- Your health status
- Your family history



Pic credit: freepik.com

Binge Drinking



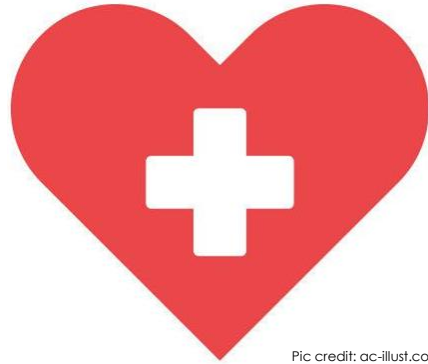
Pic credit: medium.com

- Adolescent brain is particularly vulnerable to its effects
- More likely to experience 'blackouts'
- Increased risk of alcohol poisoning

Consequences



**Blood
Alcohol**



**Physical
Health**



**Mental
Health**

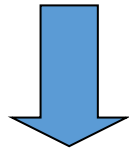


Social

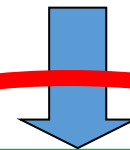
**NATIONAL
ADDICTIONS
MANAGEMENT SERVICE**

What Leads to Alcohol & Drug Use

Two possible path-ways



Experimentation
or Novelty
seeking
(Peer pressure)



Escape from
emotional pain
and/or psychological
problems
(Self-medication)

Alcohol & Substance Use - Community Resources



WE CARE Community Services: 3165 8017

Alcoholics Anonymous (AA): 6475 0890

Foundation of Rotary Clubs Singapore Family Service Centre

(FRCS FSC- SobeRISE) – West Region: 6779 9488

Narcotics Anonymous (NA): 8405 8432

Singapore Anti-Narcotics Association: 6732 1122

Gambling



Pic credit: vecteezy.com

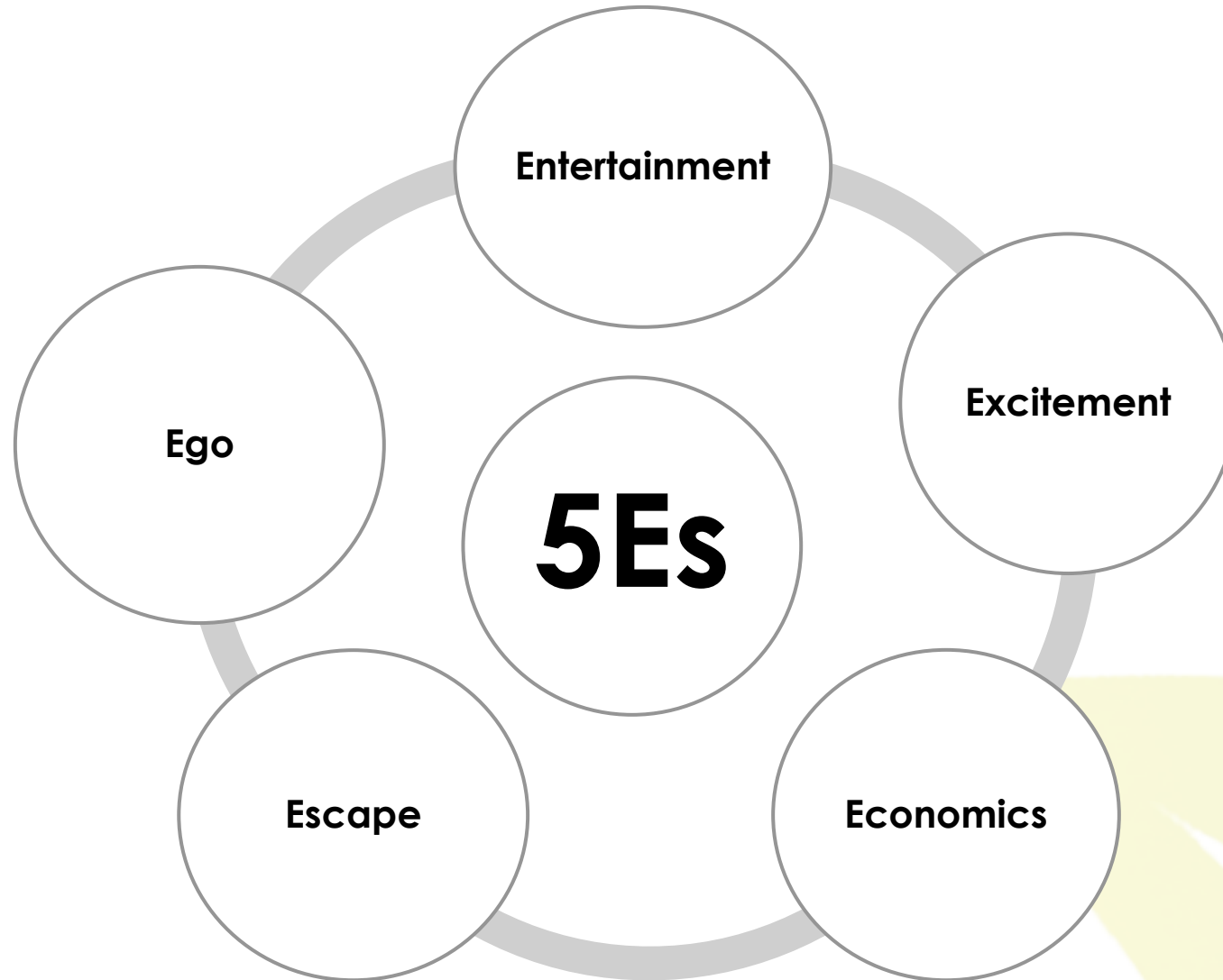
What is Gambling?

Gambling involves
risking something of value
(usually money)
on an activity or event
in which the
outcome is uncertain.



Pic credit: medium.com

Why do People Gamble?





Responsible Gambling

- Control
- Within Means and limits
- Can stop anytime

Problem Gambling

- Some loss of control
- Difficulty in stopping
- May gamble on credit or borrowed funds

Gambling Disorder

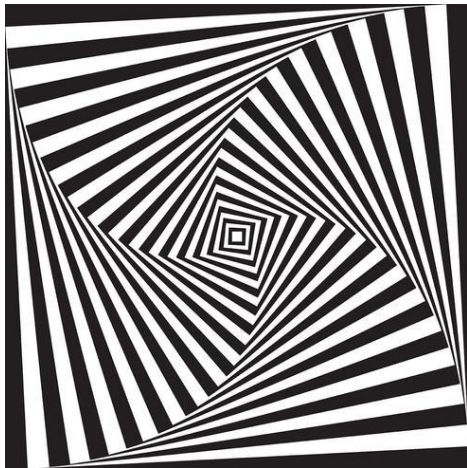
- Seriously Impaired control
- Failed attempts to stop or limit
- Preoccupied
- Chasing losses
- Withdrawal

**What places people at risk of
Gambling Disorder?**

**Belief Systems &
Thinking Errors**

Risk Factors

Belief Systems & Thinking Errors



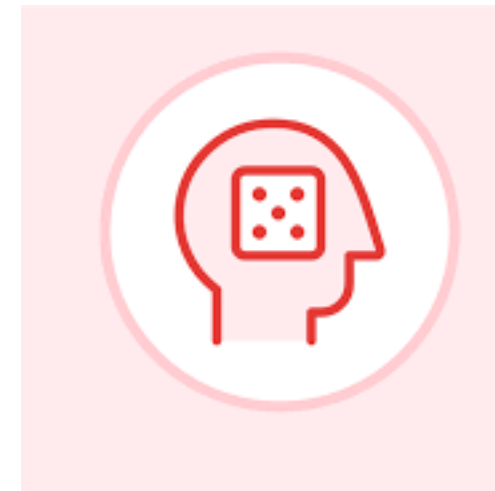
Pic credit: freepik.com

**Illusion of
control**



Pic credit: freepik.com

**Belief in
Luck**



Pic credit: problemgambling.ca

Rationalisation

Risk Factors



Pic credit: vectorstock.com

Family



Pic credit: kindpng.com

Individual

Impact of Gambling

- Difficulty with sleep
- Reduced work and study performance
- Spending less time with family and friends



Pic credit: vitality-sciences.com

Impact of Gambling

- Affects physical and mental health
- Lying to friends and family about losses
- Stealing money from friends and family to gamble



Pic credit: journalpioneer.com

Impact of Gambling

- Decreased work performance
- Financial difficulties
- Suicidal thoughts



Pic credit: cleveland.com

Gambling – Community Resources



NCPG Helpline
1800-6-668-668

- Manned by professional para-counsellors
- Provide general information on treatment and resources, emotional support, managing crisis, counselling, and referrals
- Operational Hours: 8am – 11pm, daily, including public holidays
- Calls are confidential and anonymous

Gambling – Community Resources



Other Helplines

Project X Ah Long: 1800 924 5664

Credit Counselling Singapore (CCS): 6225 5227

Comcare (Family Service Centre):

1800 222 0000

Gamblers Anonymous (GA): 9271 8984

One Hope Centre: 6547 1011

Blessed Grace Social services Limited:

8428 6377

The Silver Lining: 6749 0400

The Community Legal Clinic:

6536 0650

Legal Aid Bureau:

1800 2255 529

The Insolvency Office: 1800 225 529

Help for Loved Ones



Pic credit: freepik.com

NATIONAL
ADDICTIONS
MANAGEMENT SERVICE

Practical Strategies

- Provide information on seeking help
- Adopt a calm and supportive attitude
- Encourage and set firm boundaries
- Protect yourself and others around you from physical harm
- Take control of family finances
- Gather support



Pic credit: uideownload.com

Practical Strategies

- Rebuilding relationships a key in recovery
- Involve a skilled person outside the family when necessary
- Maintain your friendships, interests and hobbies
- Seek support for yourself
- Reach out to others with similar experiences
- Practice self-care



Pic credit: freepik.com

Resources



Pic credit: freepik.com

NATIONAL
ADDICTIONS
MANAGEMENT SERVICE

NAMS Services

- **Public Support Group:**
Family Members and loved ones of those affected by Alcohol, Drugs and Gambling
- **Alcohol & Drugs - BRIDGE Support Group:**
Every Tuesday evenings from 7pm to 8pm
- **Gambling- GAME Support Group:**
Every Thursday evenings from 7pm to 8pm

All Addictions Helpline:
6-7326837 (6- RECOVER)

Operating Hours:
Monday - Thursday: 8am - 5.30pm
Friday: 8am - 5.00pm

Website:
www.nams.sg

Community Resources

Samaritans of Singapore (SOS): 1800 221 4444

Mental Health Helpline: 6389 2222

Resources

All Addictions Helpline:
6-7326837 (6- RECOVER)

NCPG Helpline
1800-6-668-668