



## Overcoming Addiction

Addiction to prescription drugs is becoming increasingly prevalent in today's society, with a recent survey by the Substance Abuse and Mental Health Services Administration (2012) reporting that it is now the second most abused substance behind marijuana. It was also announced in the 2010 National Drug Strategy Household Survey (2011), that more than 770,000 Australians have used pharmaceutical drugs for non-medical purposes in their lifetime. Addictions often start harmlessly enough but soon become all-consuming, with sufferers sometimes stopping at almost nothing to fulfill their addiction.

The effects of an addiction to prescription drugs can be dramatic. It can cause physical and mental health problems, can contribute to social withdrawal and family breakdown, can make keeping a job almost impossible, and in some cases can lead to violence and criminal behaviour. The most common forms of misused prescription drugs include painkillers, sedatives and stimulants, each one connected with troubling side effects if taken incorrectly.

Finding ways to manage an addiction to prescription drugs can be difficult to do on your own. Acknowledging the presence of an addiction and seeking help is the first step towards overcoming it. Different people overcome their addictions in different ways, depending on the extent of their addiction, and their own personal circumstances. One of the most important factors in successfully overcoming addiction is the support of family and friends.

Breaking an addiction is not easy, but our EAP consultants can help you to identify and manage your addiction. If an addiction to drugs is affecting your work or personal life, now is the best time to start making positive changes. Speak with a friend or family member, and seek professional help.

Call Converge International to arrange a convenient time and place for you to speak to or meet with one of our experienced consultants to talk about how you can begin to overcome your addiction.

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