

WHY ADDICTION PSYCHIATRY MATTERS

The road to recovery is full of twists and bumps...



... addiction psychiatrists support people with addictions to try and stop or reduce their reliance and help them maintain a healthy lifestyle

What is addiction?

'Addiction is the repeated involvement with a substance or activity, despite the substantial harm it causes, because that involvement was pleasurable or valuable' [1].

Addiction can impact your physical and mental health and can have a significant impact socially, economically and legally.

Common addictions include alcohol, drugs, food and gambling

Symptoms can vary and may include [1]:

- Mood swings
- Paranoia
- Distraction
- Sudden weight loss
- Tiredness
- Dishonesty

What treatments are available? [2]

Talking therapies

Medications

Detox

Self-help

Reducing harm

Why is psychiatric support important for managing addictions?

59%

of adults starting treatment for addiction have a mental health treatment need [3]

47%

of those in alcohol treatment live in the 30% most deprived areas [4]



PRANK

References

1. Psychiatry-UK. Addictions. Available from: <https://psychiatry-uk.com/addictions/>
2. NHS England. Drug addiction: getting help. Available from: <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/?tabname=self-help-tips>
3. Public Health England. Adult substance misuse treatment statistics 2019 to 2020: report. Available from: <https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2019-to-2020/adult-substance-misuse-treatment-statistics-2019-to-2020-report>
4. Alcohol Change. Alcohol Statistics. Available from: <https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-statistics>