

DRUG ADDICTION TREATMENT

If you recognise that substance use has impacted your life negatively and you are willing to make a change, here are ways you can seek support:

- Tell your friends and family that you are committing to recovery and ask for their help
- Seek professional support

Here are the types of treatment services available in Trinidad & Tobago:

- Residential Care
- Non – Residential / Outpatient Care
- Support Groups Eg: Narcotics Anonymous
- Smoking Cessation Clinics
- After Care (Upon Completion)
- Counseling services through the Employee Assistance Programme (EAP) in your workplace
- Counseling services through the Wellness Centers and various Ministries
- Shelters for Socially Displaced Persons

(Treatment services are also available through the public health system)

National Alcohol and Drug Abuse Prevention Programme (NADAPP)

Ministry of Health
4 - 6 Queen's Park East,
Port of Spain,

Phone: (868) 217-4664 Ext. 12609 -12611
and 12615 -12618

Email: NADAPPprogrammes@health.gov.tt



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Ministry of Health

SUBSTANCE USE DISORDERS:

EMBRACE RECOVERY



SUBSTANCE USE DISORDERS (SUDs)

Substance use disorders are conditions characterised by an individual's harmful or hazardous use of psychoactive substances including alcohol and illicit drugs.

WHAT IS DRUG ADDICTION?

Drug addiction is defined as a chronic, relapsing disorder that is characterised by compulsive drug seeking and use despite adverse consequences.



SIGNS OF SUBSTANCE USE DISORDERS (SUDs)

Signs may include:

- The feeling to use the drug regularly, daily or even several times a day
- Intense urges for the drug that block out any other thoughts
- Over time; needing more of the drug to get the same effect
- Spending money on the drug, whether or not you can afford it
- Not meeting obligations such as work responsibilities, social or physical wellbeing
- Continuing to use the drug despite negative consequences
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Accessing the drug by any means necessary
- Failing in your attempts to stop using the drug
- Neglecting your appearance
- Experiencing withdrawal symptoms when you attempt to stop taking the drug

STEPS TO SEEKING SUPPORT:

It's normal to feel uncertain about whether you are ready to start recovery. Recovery requires time, motivation and support, but by making a commitment to change, recovery is possible.

Here are some things to consider:

- Are you aware of the role that drug use is playing in your life?
- What are the pros and cons of quitting?
- What are the things that are important to you (your partner, children, pets, career, and health)?
- How do my loved ones feel about my drug use?
- Is there anything preventing me from changing?
- What would help me make the change?

