

☹ SUBSTANCES AND ADDICTIONS

Substance abuse is very harmful to your memory and brain.

Substance use refers to the use of alcohol, tobacco and other narcotic substances. Mixed use refers to the simultaneous use of various substances (alcohol, sedative drugs and sleeping pills). Substance dependence is a disease.

Frequent substance abuse causes addiction and changes in brain function. Prolonged use exposes the brain and the body to irreversible damage. In addition, overuse of intoxicants will shorten your life expectancy by several years. If you are worried about your own or somebody else's drug or alcohol use, be brave and seek help.

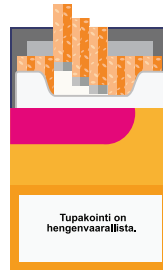


ALCOHOL

Alcohol depresses the brain and the central nervous system, weakens memory and increases the risk of injury.

POTENTIAL CONSEQUENCES

Elevated blood pressure
Brain damage
Alcoholic dementia

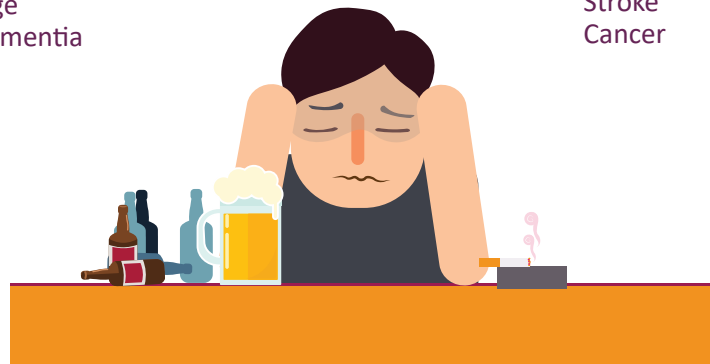


TOBACCO

Tobacco contains nicotine and other toxic ingredients. Smoking slows blood circulation and brain oxygen supply and impairs memory.

POTENTIAL CONSEQUENCES

Elevated blood pressure
Stroke
Cancer



DRUGS

Drugs affect the central nervous system, cause intense dependency, destroy brain cells and impair memory.

POTENTIAL CONSEQUENCES

Addiction
Memory disorders
Brain damage

DRUG MISUSE

Drug misuse and mixed use with alcohol causes a strong and dangerous state of intoxication and addiction.

POTENTIAL CONSEQUENCES

Risk of overdose
Poisonings
Respiratory depression, brain injury





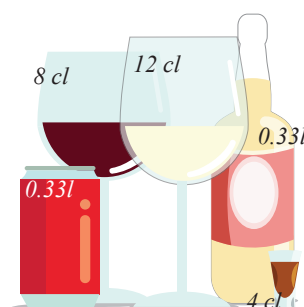
GAMBLING ADDICTION

Dependency can develop into various activities such as gambling or internet use. In this case, the person has a compulsive need to engage in certain activities and thus has formed a psychological dependency. Gaming creates feelings of well-being and can bring entertainment and excitement to life. Playing can help control negative emotions such as anxiety or loneliness. This can lead to financial difficulties, problems in relationships, or at work.

RISK LEVEL OF ALCOHOL CONSUMPTION OF HEALTHY ADULTS



LOW LEVEL OF RISK

0-1 Units per day  0-2 Units per day 



Examples of alcohol units

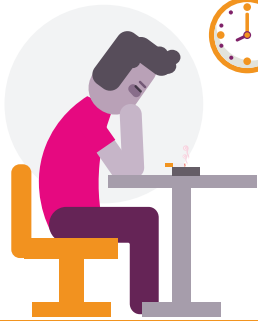
HIGH LEVEL OF RISK

12-16 Units per week  23-24 Units per week 

STEPS FOR RECOVERY

IT IS IMPORTANT IS TO UNDERSTAND the causes of substance abuse or gambling and find other activities to take part in. A person suffering from serious substance or gambling addiction needs treatment.

1 DETECTION OF PROBLEM



If your substance abuse results in problems at home, at work, or with money, or you have trouble controlling consumption, you may suffer from addiction. Much of your time can be consumed by using the substance or recovering from its effects (withdrawal symptoms).

2 ACKNOWLEDGEMENT



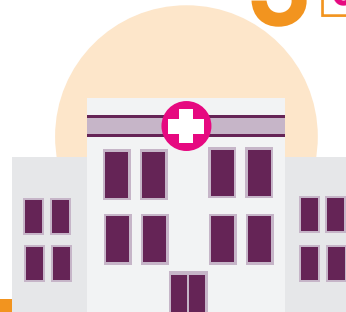
You can only recover from addiction once you have recognized that you have a problem. You can evaluate your own use of alcohol with various questionnaires such as the Alcohol Risks AUDIT test: <https://paihdelinkki.fi/en/tests/alcohol/alcohol-risks-audit> (also in Finnish, Swedish, Russian)

4 TREATMENT



There is help available for people with addiction, such as detoxification or withdrawal treatment. Dependence can be treated with, for example, talk therapy or medication.

3 SEEK HELP



If you are unable to stop using the substance yourself, seek help. Seeking treatment is optional.

5 LIFE WITHOUT SUBSTANCES

Life without drugs and alcohol is a significant choice. Your health will improve and your brain will function better.



Help with health and social problems.

National crisis helpline
tel. 010 195 202.
Mon-Fri 09:00-07:00,
weekends and public holidays
15:00-07:00

Help with alcohol problems and other addiction problems:

A-Clinic
tel. 010 50 650

Help with gambling problems
Peluri -Help
Tel. 0800-100101
Mon-Fri 12-18, free of charge.
www.peluri.fi

Sources: www.kaypahoito.fi | www.paihdelinkki.fi
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