

Determining when consumption is now a problem is not easy.

What is an addiction?

Addiction is installed when a person cannot do without one or many substances, without feeling psychological or physiological pain.

Characteristics symptoms are:

- Inability to resist the need to consume;
- The increase of inner tension and anxiety before habitual consumption;
- The felt relief when consuming;
- The feeling of losing self-control when consuming.

The abusive use of alcohol or substance can cause:

- Physical and mental consequence on health;
- Behaviour modifications;
- Financial and judicial consequences;
- Harmful consequences on familial, social and professional environment.

Available help resources

[Please consult our search engine.](#)

Source : Toxquebec
