



Dr. Raja Roy Choudhury
+91-9372868220

3rd eye knowledge foundation

Reg. No. E-24564 (Mum)

Registered Office

MindCare Health Services
C/o 3rd Eye Knowledge Foundation
406/1 Dheeraj Sagar Malad Link Road, Malad West
Mumbai 400064, India
Email: hello@mindcarehealth.net
Contact: +919372868220

Some people can't start the day without a cup of coffee to wake them up and others find a glass of wine is a pleasant way to unwind at the end of the day . Many people find social events less daunting after a few alcoholic drinks and a bar of chocolate provides a comforting treat.

The use of substances to change the way we feel is a normal part of everyday life. Different cultures adopt different drugs, according to local availability and historical accident. Customs and rules about drinking and drug use have developed over time to help societies avoid their less desirable effects.

Most people learn to use the drugs that are available in their society from their families, from friends, from experimentation and from making mistakes.

What problems drugs causes with alcohol and ?

Comparatively few people run into serious problems with alcohol or drug misuse, but it is often a contributory factor in depression, academic failure, relationship problems, debt, violence, breaking the law, pregnancy, sexually transmitted diseases and suicide.

Problems can be caused by the substance itself:

- Alcohol and other depressant drugs shut down the central nervous system, so that as you drink, relaxation becomes disinhibition. You may become the life and soul of the party, or you may say things that hurt other people, lash out in anger, get into a car with someone you don't know, or have sex when you didn't intend to. You may not remember what you have done. If you continue to drink to try and maintain the feeling of intoxication, your system will continue to shut down and you may fall asleep, or perhaps fall into a coma, or even stop breathing altogether.
- The effects of alcohol and drugs are unpredictable. How much you have eaten, how tired you are, what mood you are in and a range of other factors will affect how you respond to them on different occasions.
- Under the influence of stimulants, such as amphetamines or cocaine, you may feel confident and energized, or you may become agitated, paranoid and aggressive.
- Hallucinogens, like ecstasy and LSD can be an interesting and liberating experience, or a terrifying nightmare.
- Mixing substances, in particular, alcohol and other drugs can have a more extreme effect than you might expect.
- If you are using illegal drugs, you will have little idea of what you are actually consuming. There is no quality control and it is likely to be cut with other cheaper, possibly harmful, substances.
- Some people seem to be more vulnerable to the effects of drugs, or may have pre-existing mental or physical health conditions. Drugs are sometimes implicated in serious mental health problems and the sudden deaths of young people.
- When you are drunk or out of it, you may be less concerned about having unprotected sex. This may put you at risk of an unwanted pregnancy or of contracting HIV or a sexually transmitted infection.

REGULAR DRINKING OR DRUG USE MAY CAUSE PROBLEMS:

- Many people enjoy the sensation of being intoxicated and want to get back to that state of mind. If you drink or use drugs on a regular basis, over time you will notice that you have to consume more to achieve this effect. This means that your body is developing a tolerance.
- You may start to notice that you feel uncomfortable and edgy if you delay having your regular drink or drug . With some drugs, such as alcohol, nicotine and heroin, the withdrawal symptoms of disturbed sleep, insomnia, irritation, agitation, shaking , sweating and depression can be very uncomfortable.
- Stimulants, such as amphetamines and ecstasy , leave regular users feeling lethargic, depressed, physically drained and lacking in motivation. It may be difficult to get up for lectures or work in the morning and it is likely to affect your concentration and performance.
- You may try to relieve these symptoms by further drinking or taking more drugs. “ Taking the hair of the dog that bit you ” offers only temporary relief and it becomes difficult to get out of this cycle.
- The cost of maintaining a regular drinking or drug habit can be very expensive.
- You may find yourself getting involved in more risky activities, such as sharing needles or dealing that put you at risk of contracting hepatitis or HIV or of getting a criminal record.

You don't have to be an alcoholic or an addict to run into difficulties. There are times when you may be drinking or using drugs to try to cope with other issues:

- Perhaps you don't feel part of the social scene, so drinking or using drugs may seem like a good way of becoming part of a group that appears to be a bit different or more interesting .
- You might feel shy or uncomfortable with other people, until you have had a few drinks to loosen up.
- Maybe you are feeling low or unhappy about something? Getting high or drunk might offer an escape from how you are feeling, or it may be the only time you can express how you feel. At these times, it is likely to make you feel even more miserable or angry . This can be a real downer for your friends and the people around you.
- Taking hallucinogens, like ecstasy , crack, smack, ketamine, heroin when you are worried or troubled can induce paranoia or unpleasant delusions that may be very disturbing and may affect you for a long time.

If any of this sounds familiar , you might want to ask yourself , if there is anything about your drinking or drug use that you want to change?

How can you help yourself?

- If you want to avoid all risks with alcohol or drugs, don't use them at all. Otherwise, be aware of what you are taking and keep yourself informed about the risks
- If you are going out drinking or clubbing, make sure you are amongst friends you can trust. Try to make sure that at least one of you stays sober, to keep an eye on the drinks, to arrange taxis at the end of the evening and to make sure you all get home.
- Driving under the influence of alcohol or drugs, puts you and other people at risk and you could lose your license. Get a taxi or auto.
- You may feel disinhibited by alcohol or stimulated by drugs, so carry condoms and insist on using them. Better still; arrange to meet at another time, when your judgment may be better.
- Let your friends know what you are taking, so that if you run into problems, they can get help. The security and door staff at clubs and pubs should be trained to provide assistance, but don't rely on this.
- Keep in control of what you consume. If a stranger offers to buy you a drink, or to sell you drugs, it is safer to refuse. Your drink may be spiked "for a laugh", or worse. Drugs may be cut with rubbish, or may be purer than you expect.
- Mixing drugs and alcohol, or using alcohol or cannabis to come down off other drugs, is unpredictable and risky. If you are taking anything for medical reasons (such as anti-histamines, antidepressants, paracetamol), remember that these will also react with alcohol and other drugs.
- If you are worried about something you have taken, contact your general physician for advice. If you feel unwell, go to the Emergency department at a hospital.
- If you are feeling low or stressed out, drinking or using drugs is likely to make you feel worse. Think about doing something different, that will lift your mood.

- If you are finding it difficult to study, or if you are worried about your work or exams, arrangements can be made to help you. Talk to the appropriate specialists or counselors. Academic support is also there to advise and offer practical help with academic issues.
- Sometimes, drinking or drug use is a way of trying to cope with a bad patch. You may be able to get back in control, preferably with some support from your friends or family. It can be a relief just to tell someone else what you are going through. Not everyone will be able to help, but some people will try to understand your feelings, or may have had similar experiences.
- Try keeping a record for a week of what you are consuming. Ask yourself, how much does it cost? What are the consequences? Hangovers? Missing lectures? Fights? Arguments? Unwanted sexual encounters? Be honest with yourself. Are you happy with the way you are drinking, or using drugs?
- Set a limit on what you consume or how much you are going to spend. As a guide for alcohol consumption, most healthy adult women will not experience problems if they drink 14 units in a week and no more than 3 units in a day. For men, the recommended safe limit is 21 units a week and no more than 4 units in a day. (A unit is a small glass of wine, a pub measure of spirits or a half-pint of ordinary beer or lager.)
- Have a few alcohol or drug free days each week, to give your body a chance to recover. If you find this difficult, it may indicate that you have developed a problem.
- Remember that most “recreational” drug use is illegal, including cannabis. Ecstasy is a class “A” drug, like heroin and cocaine. If you are stopped by the police, you may be prosecuted for possession or for dealing. Possessing illegal drugs in your accommodation may have consequences for your hostel mates and could get you evicted or prosecuted.
- There are many people in the university or outside to whom you can turn for support. These may include the concerned specialists or counselors.
- There are various organizations providing advice, information and support and there is useful information on the internet and in self-help books.

How can you help someone else?

- If you are concerned about a friend or a hostel mate, you could try telling them how you feel. They may be a bit uncomfortable and defensive, so try to get them to talk about what is bothering them, rather than confronting them.
- Sometimes listening can be a great help and problems can seem a bit less overwhelming when they are shared with someone else. This might be the help the person needs to start turning things around. You do not have to come up with answers or solve their problems.
- If they want to cut down, or cut out, their drinking or drug use, you may want to support them, by arranging nights in, or out, that don't involve drink or drugs, perhaps even cutting down yourself.
- It is not helpful to try to control other people's drinking or drug use, by confiscating, or hiding their drink or drugs. This will lead to arguments and bad feelings. They have to take control themselves, or get more specialized help.
- You might encourage your friend to talk with someone else in the university. This could be appropriate specialists or counselors. If they live in a hostel, the concerned person in charge may be a good source of information and support.

- If you are with a person who is having a bad experience with drugs, they may be very frightened. Help them to find somewhere quiet, away from noise and lights and reassure them. If you continue to be concerned, encourage them to get medical attention
- If the person is unconscious, or has taken an overdose, they will require a medical assessment immediately . If they are not willing , or able, to attend the hospital or their general physician, you will have to take action, or tell someone else who can take responsibility. If the incident happens in a hostel, this will be the concerned person in charge. If the incident happens in your house, you should phone the emergency services if you know what your friend has taken, give this information to the paramedics. It could save your friend's life.
- It can be very frustrating and difficult to have a hostel mate, or a friend, with a drug or alcohol problem and you may need advice or support for yourself . It may be that their behavior is disrupting your work, or your peace of mind and you may want some advice on what to do. The services in the university are also there to support and advise you.

When is specialist help appropriate?

You may want to get in touch with someone who is in a position to help, if you find that:

- You can't manage a day without a drink, or without taking drugs
- You have financial problems caused by your drinking, or drug use
- Your drinking, or drug use, is leading to conflict with your family or friends
- You regularly miss lectures because of drinking sessions, or drug use, or you are finding it difficult to concentrate or motivate yourself to work.