feedback
responsibility
advice
menu - other activities
empathy
self-efficacy

components of a treatment approach
- educational lectures
- counselling
- self-help groups
- vocational rehab
- pharmacotherapy
- drug withdrawal

harm minimisation
- minimise unwanted effects
- through education

harm reduction
- adverse effects of medication
supply reduction
- regulation and law enforcement

alcohol withdrawal syndrome
- set of symptoms in a person who ceases drinking alcohol following continuous and heavy consumption
- usually 6-24 hours after last drink
- also seen in other drugs
- severe = life threatening

benzodiazepines

cannabis
- associated with depression
- can lead to STM loss, respiratory disease, cancers
- can cause
  - euphoria, laughter
  - decreased inhibitions, …..

long term heavy use
increased risk of resp. disease
change in motivation
decreased concentration, memory and learning ability
…..

crystal meth
effects
- disinhibited
- invincibility
- psychosis
- panic attacks
- itching
- depression
- malnutrition