Reducing Harm & Finding Help, Continued

detox facilities, and addiction treatment programs can help with withdrawal.

Amphetamine addiction can be treated in a residential setting (often called “rehab”) or in an outpatient setting (when the patient lives at home, but goes to treatment appointments 1-7 times per week). Effective types of counseling for benzodiazepine addiction include cognitive behavioral therapy, motivational interviewing, and twelve-step facilitation. There are also recovery support groups and online forums that can help people struggling with amphetamine addiction.

Narcotics Anonymous, Alcoholics Anonymous, and groups like SMART Recovery or LifeRing are all available to support people with amphetamine addiction. Recovery apps specific to amphetamine addiction can be downloaded to your smart phone that provide lists of recovery support meetings, reading material, tools like sobriety counters, and more.
who inject amphetamines and/or share equipment can develop injection site infections, damage to their veins, Hepatitis B & C, HIV, and blood clots.

Reducing Harm & Finding Help

Many people use prescription amphetamines safely and as they are prescribed. If you have health concerns related to an amphetamine prescription, talk with your doctor. There are other approaches to treating attention disorders.

People who use amphetamines non-medically can reduce their risk of harm by being educated about what drugs they are taking. They can take steps to protect their sexual health and avoid unwanted pregnancies. They can make sure to sleep enough, eat nutritious foods, and take care of their teeth. People who inject amphetamines can use new syringes and other injection equipment. Information on safe injection techniques and reducing drug-related harm for amphetamine users can be downloaded from the Harm Reduction Coalition website.

http://harmreduction.org

People who wish to stop using amphetamines should be aware that withdrawal may occur, but that it does not always need to be medically-supervised. However, physicians,