CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

# Drug use disorder (cocaine and amphetamines)

Use of cocaine, amphetamines or other stimulants with loss of control, intense craving and consequences on physical and mental health.

## COMMON SIGNS

- Increasing use
- Anxiety, insomnia or paranoia
- Severe crash after using

## TIPS FOR YOU

1. Seek specialist addiction help
2. Identify risky people and places
3. Urgent care if there is chest pain or intense paranoia

## FOR FAMILY AND FRIENDS

1. Talk without judging and offer practical help
2. Don't cover debts or consequences

## WHEN TO ASK FOR HELP

1. If there is chest pain, seizures or paranoia: 112
2. If thoughts of death appear: 024

## TO OBSERVE AND NOTE DOWN

☐ I use cocaine or other stimulants
☐ I use more than I intended
☐ I find it hard to stop once I start
☐ I spend more money than I can afford
☐ Afterwards I crash badly
☐ I have had anxiety, insomnia or paranoia
☐ I have had problems at home or at work
☐ I keep using even though it harms me

## FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-estimulantes-cocaina-y-anfetaminas
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com