

The Darkside of Addiction - Drugs and Alcohol

The association of alcohol and drugs with suicidal thinking and behavior is both causal and conducive. The subjective state of hopelessness is key to the disposition to actual suicide. Alcohol and drugs are influential in providing a feeling of hopelessness by their toxic effects, by disruption of interpersonal relationships and social supports, and, possibly, by manipulating neurotransmitters responsible for mood and judgment. Because alcoholism and drug addiction are leading risk factors for suicide and suicidal behavior, any alcoholic or drug addict should be assessed for suicide, especially if actively using alcohol or drugs.

1. Can you think of instances in your life, or potential situations where you might feel so hopeless that this is the only way out? Suggest some ways of how you might overcome such thoughts.

Discuss, talking to people being honest and vulnerable is a really good thing, try to look at the cause not how you are feeling, get some help.

2. Why do people use drugs and alcohol? Why might some of these be a problem?

Have fun, change the way we feel, lose our inhibitions, relax, to help you sleep, make you more fun, change our reality. Escapism, peer pressure, to fit in.

Changing our reality or feelings mean we are not being real, living in the moment we are creating a delusional world which if done for long enough will fool you into thinking its real, Simon talks about his mid convincing him that he did not have a problem at all.

3. How does Simon feel about himself when he is at his lowest point? How does this change when he has a drink? As he is now??

He felt insane, his head was telling him stuff that wasn't true like he had lost control, lack of self worth, hopeless, paranoid, depressed, he feels at ease and more relaxed for a little while.

4. At what stage of Simons journey do you think you may have been able to help him, what could have been done?

Discuss

Simon mentions a number of signs that he displayed indicating that he wasn't well, have you noticed similar things with people you know, how might you be able to use what Simon has shared to help other people.

Simon talks about his lack of connection and isolation, this is common with all addictions and is a great sign someone is in trouble, the obvious signs of someone drinking or using are more obvious indicators strange behaviours etc Help the person connect and get them talking and looking at their behaviour and trying to get them to see that it isn't where they want to be, encourage them to get some professional help, Simon mentions AA.