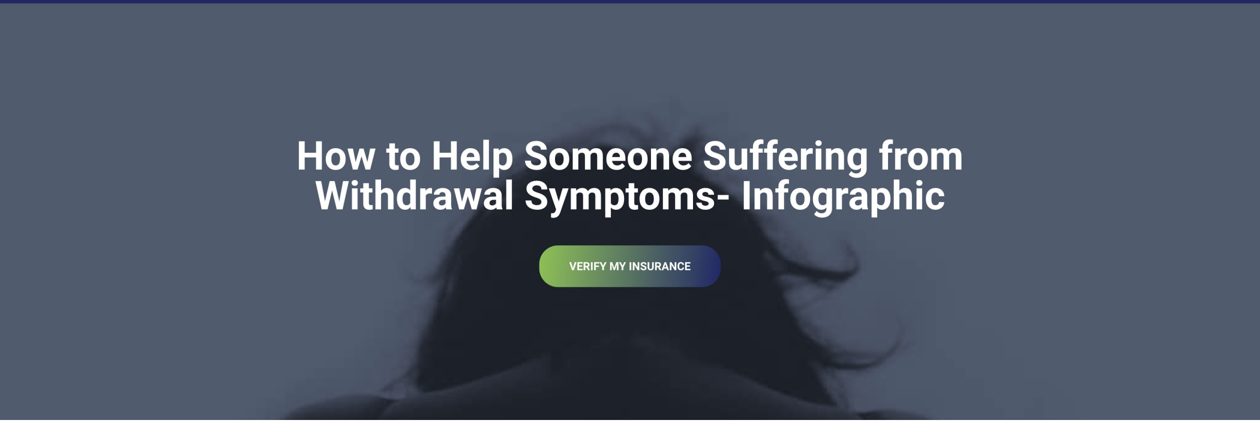

How to Help Someone Suffering from Withdrawal Symptoms- Infographic

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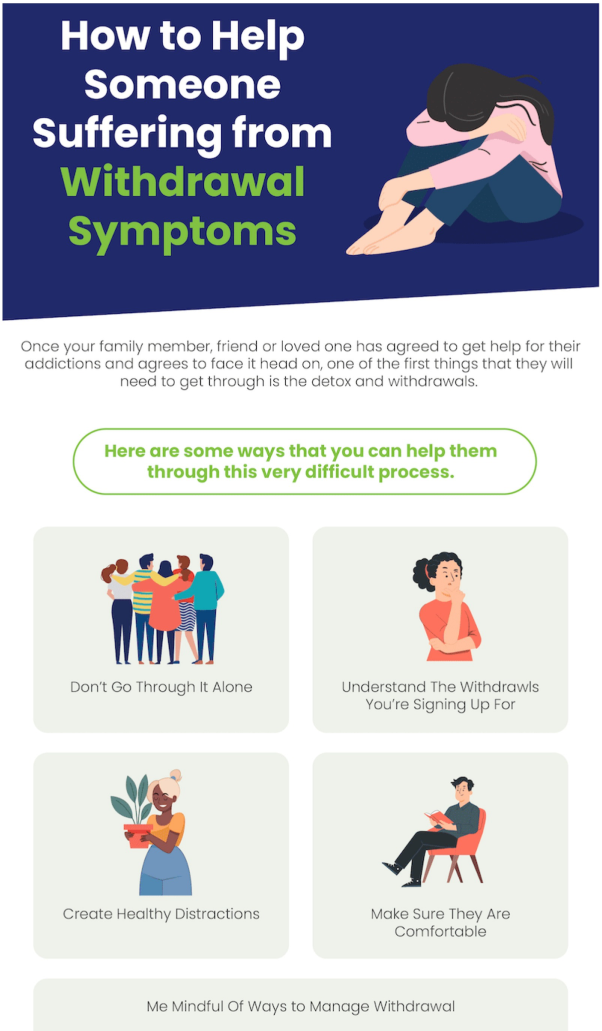

How to Help Someone Suffering from Withdrawal Symptoms

Once your family member, friend or loved one has agreed to get help for their addictions and agrees to face it head on, one of the first things that they will need to get through is the detox and withdrawals.

Here are some ways that you can help them through this very difficult process.

Don't Go Through It Alone

Understand The Withdrawls You're Signing Up For

Create Healthy Distractions

Make Sure They Are Comfortable

Me Mindful Of Ways to Manage Withdrawal

Recent Posts

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- How to Find Comprehensive Substance Abuse Treatment That Fits Your Needs as a First Responder
- Tips for Building a Sober Support System During Residential Inpatient Substance Abuse Treatment
- Exploring Supportive Housing Options for Aftercare and Sober Living Programs
- Understanding the Role of Medication Assisted Treatment in Opioid Addiction Recovery
- 6 Things to Expect When Entering a Residential Inpatient Treatment Program

1. Attend a medical detox program.
2. Exercise regularly & stay hydrated.
3. Eat balanced and nutritious meals.
4. Stick to a structured sleep schedule.
5. Complement traditional detox strategies with holistic methods.
6. Stretch often, and consider yoga and/or mindfulness meditation.
7. Communicate with a family member, loved one, therapist, or counselor.

10 Steps to Coping with Withdrawal Symptoms During Detox for Benzos

What To Expect During Withdrawal

Symptoms can range from distressing to life-threatening, and the severity of symptoms depends on a variety of factors including:

- Type of drug(s) used
- Frequency, intensity, and duration of drug use
- History of withdrawal processes in the past
- Co-occurring mental illness
- Demographic details (age, sex, additional physical conditions)

Alcohol Withdrawal Symptoms

- Anxiety
- Headaches and migraines
- Nausea and vomiting
- Insomnia and other sleep problems
- Psychotic symptoms (confusion, hallucinations, delusions)
- Shaky hands
- Seizures

Opioid Withdrawal Symptoms

- Heightened pain sensations
- Irritability
- Flu-like symptoms (runny nose, sweating, flushed skin)
- Gastrointestinal distress,
- Nausea and vomiting

Stimulant Withdrawal Symptoms

- Anhedonia (loss of pleasure or
- interest in usual activities)
- Intensified feelings of paranoia and anxiety
- Dehydration
- Fatigue and oversleeping
- Increased appetite
- Memory problems
- Psychotic symptoms (hallucinations and delusions)

Benzodiazepine Withdrawal Symptoms

- Increased anxiety or panic attacks

- Excessive sweating
- Heart palpitations
- Headaches and migraines
- Muscle stiffness and pain
- Psychotic symptoms
- Seizures

Keep hotline numbers on hand.

SAMHSA National Helpline:
1-800-662-4357
Substance Abuse and Mental Health Services Administration.

Suicide Prevention Lifeline:
1-800-273-8255
The Lifeline will connect you with a trained crisis worker.

Crisis Text Line:
741741
Connect with a trained crisis-support volunteer via text.

The fact is, withdrawal is unpleasant. But it's also temporary. Your support can make it more possible for your friend or loved one to make it through to the other side!

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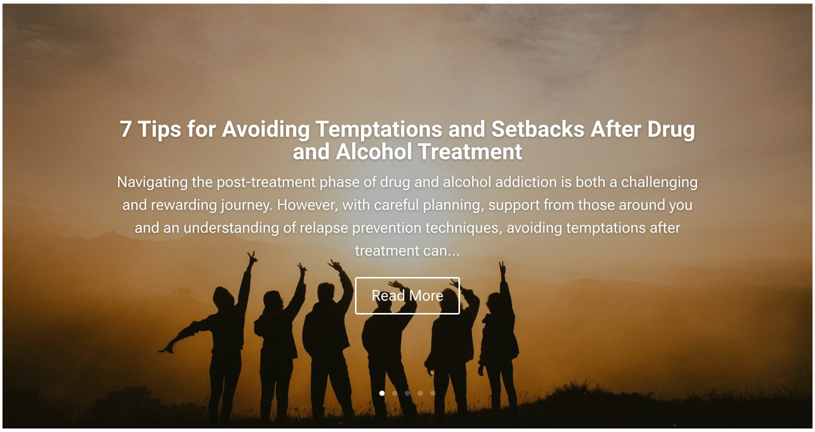

7 Tips for Avoiding Temptations and Setbacks After Drug and Alcohol Treatment

Navigating the post-treatment phase of drug and alcohol addiction is both a challenging and rewarding journey. However, with careful planning, support from those around you and an understanding of relapse prevention techniques, avoiding temptations after treatment can...

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Pick up the phone, fill out a form or chat

Complete Pre-Assessment

Once you reach a Findlay Recovery

Plan Travel & Admit

Our caring treatment advisors will help

with us below to get started on your free consultation and treatment assessment.

Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

plan travel & anything else you need before you enter our drug rehab program in Ohio!

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RECOVERY CENTER

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- Home
- Who We Are
- Treatment Services
- Tour Our Facility
- Admissions
- Privacy Policy

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About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

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Who We Are

- Tour Facility
- Video & Media
- Lastest Articles
- Careers

Dual Diagnosis

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma

Areas We Serve

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo

Addiction Treatment

- Alcohol
- Cocaine
- Opoids
- Heroin
- Benzos

Who We Help

- Men
- Women
- Professionals
- LGBTQ
- First Responders