

Resources

1. <http://www.addictionresourceguide.com/resources.html>
2. <http://www.columbiagamblingdisordersclinic.org/>
3. <http://www.sexaddicthelp.com/index.htm>
4. <http://realizationcenternyc.com/treatment-services/food-addiction/>
5. http://www.netaddiction.com/index.php?option=com_content&view=Article&id=64&Itemid=88



The Department of Counseling

offers **free** counseling services to all John Jay students. If you have any questions or concerns please stop by and make an appointment to see a counselor.

Semester Office Hours

Monday 9a.m.-5p.m.

Tuesday 9 a.m.-7p.m.

Wednesday 9 a.m.-7p.m.

Thursday 9a.m.-5p.m.

*** If you are interested in becoming an Addiction Counselor there is an Addiction Studies Certificate Program. Please contact the Department of Psychology 646.557.4855 addictionstudiesprogram@jjay.cuny.edu**

PEER COUNSELING CENTER

445 West 59th Street
Room: 3134 North Hall

Phone: 212-237-8271

Email: peercounseling@jjay.cuny.edu



ADDICTION AWARENESS

“Addiction awareness is the first step to addiction recovery.”

Department of Counseling
Counseling Services

@ John Jay

ADDICTION AWARENESS

Some of the common symptoms of addiction

include:

- **Tolerance**—Do you find yourself needing to engage in a behavior more and more to feel a desired effect?
- **Withdrawal**— If you do not engage in the activity do you find yourself experiencing unpleasant feelings?
- **Lack of Control**—Can you stop yourself from the using the substance or engaging in the behavior?
- **Denial**— Did you find yourself answering yes to those questions and still think you are not an addict?

10 Most Common Addictions in America

1. Media (Internet, television, mp3 players, phones, etc.)
2. Tobacco
3. Alcohol
4. Marijuana
5. Food
6. Gambling
7. Prescription Drugs
8. Bulimia
9. Cocaine
10. Hallucinogens

Resource : <http://www.mastersinpublichealth.net/10-most-common-addictions-in-america/>



Tips to Overcome Addiction

- **Avoid triggers:** Avoid places, situations, and people who increase your desire to engage in the substance or behavior.
- **Replace the Addiction:** When you feel you are about to be enslaved to your addiction, have a reliable source to turn to. Don't replace your addiction with another addiction.
- **Relaxation Exercises:** Find a relaxing exercise to help relive stress.
- **One Day at a Time:** Set reachable goals, and take baby steps.
- **Keep Trying:** Addiction relapse is common. Don't give up on yourself. Evaluate where you went wrong and come up with corrective actions to try to prevent future relapse from occurring.
- *Read more: <http://www.livestrong.com/article/237089-addiction-recovery-tips/#ixzz1Dx6Tqo11>*

