

Is It Possible to Quit Drugs Without Rehab?

by Evolve Indy | Dec 27, 2021 | Blog | 0 comments



Drug addiction is a chronic disorder involving compulsive drug use despite the consequences. It is considered a brain disorder since it affects brain functioning, resulting in stress and a decline in self-control. Once you realize that you are addicted to a particular drug, it is vital to take a step toward recovery. People ask, is it possible to quit drugs without rehab? The answer is yes, but for an addict to get a quick and permanent solution, it is prudent to seek help from a specialist.

Why it's difficult to quit drugs without rehab

Addiction, like other diseases, affects normal bodily functions and may lead to death if left untreated. See the reasons below as to why an addict needs a specialist as opposed to home-based treatment.

Severe Withdrawal Symptoms

Recovery is a process, and it involves several stages. The first stage is to detox and withdraw. They are forcing the addict's body to function without the addictive substances. As the body adjusts to functioning without the drugs, it will likely **experience uncomfortable physical** and mental symptoms as the body stabilizes itself. These discomforts can be severe and even life-threatening.

Detoxing from alcohol or opiates can lead to death due to medical complications of untreated mental withdrawal symptoms. If an addict uses multiple substances simultaneously, the withdrawal symptoms can be unpredictable. It is, therefore, necessary to go to rehab for psychological support. Anxiety and depression resulting from quitting drug use can be challenging without help.

Exposure to Triggers

The idea of home-based drug rehab sounds excellent, but it is vital to stay away from family and

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Exposure to Triggers

The idea of home-based drug rehab sounds excellent, but it is vital to stay away from family and friends who use the same substance to quit using the drug successfully. Going to a new environment will help an addict start a new lifestyle.

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