

Mental Health Awareness, Part 1

We answer the question,
“Is this person...**addicted?**”



Shizuoka City Mental Health Center
(Counseling center for gambling, alcohol, and drug addiction)

What is important to you?

Health

Family

Money

Work

Dreams

All these things are very important.



Are you treating the important things with the importance they deserve?

If you are prioritizing the things you are "obsessed with, absorbed in, or hooked on" over these important things...

If the things you are "obsessed with, absorbed in, or hooked on" are:

- Endangering your life and health
- Causing your family pain
- Putting strain on your home life
- Causing you to lie to those around you
- Causing you to rack up debt
- Affecting your performance at work
- Preventing you from achieving your dreams

Then you cannot say that you are "enjoying them in moderation".

it may be a sign of **"addiction"**.

Addiction is a brain disease

People engage in various behaviors to alleviate anxiety and tension, forget unpleasant things, or have enjoyable experiences.

When alcohol, gambling, drugs, etc., provide a rush of "pleasure, relaxation, or thrill", the brain remembers that experience and wants to repeat the behavior.



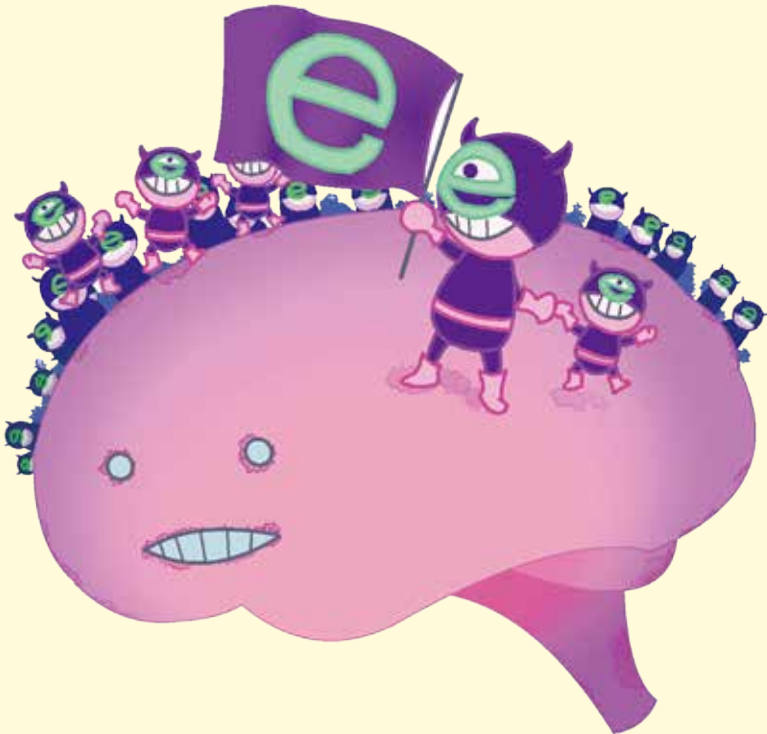
that anyone can develop.

For some people, this desire for "pleasure, relaxation, or thrill" becomes too strong to resist.

This state is known as **“addiction”**.

Addiction is a brain disease that can affect anyone given the right circumstances.

It is not limited to a select few.



Addiction means that you can't stop, even if you want to.

Addiction is a "brain disease" that forces the brain to perform a specific behavior.

This means that no matter how much the person regrets their actions or resolves to stop, and no matter how much those around them try to persuade them, they will end up repeating the behavior.

The person's feelings of remorse are genuine.

When they say, "Never again." they really do mean it.

But they just can't resist the orders from their brain.

Because addiction is a "brain disease," you cannot get back into a state of control with only strong feelings or willpower.



Recovery from addiction is possible!

However...

by making use of various support systems, it is possible to keep your addiction under control while going about your daily life.

This is called **“recovery”**.

Again, recovery cannot be achieved with only strong feelings or willpower.

You need to create a new lifestyle that does not rely on your addiction.



Shizuoka City Mental Health Center

Shizuoka City Mental Health Center is a counseling center for gambling, alcohol, and drug addiction.

In collaboration with various organizations, we support individuals and families dealing with addiction.

Together, we tackle the question, “How do I create a new lifestyle that doesn’t rely on my addiction?”

Shizuoka City Mental Health Center

◎ Individual Counseling :

- Counseling for people suffering from addiction
- Counseling for the family of people suffering from addiction

◎ Support Programs:

- Programs for people suffering from addiction
- Classes for the family of people suffering from addiction



If you don't know who to go to, just give us a call!

Get the help you need to build a new lifestyle and start

**supports you in building a new lifestyle
that keeps your addiction under control!**

Medical institutions specializing in addiction

Organizations offering support

Peer support groups

Meetings for families

* For more information about support organizations in Shizuoka City, please visit our website.

Mental Health Center Shizuoka City

Search

⇒ Call : 054-262-3011

treating the important things with the importance they deserve!

“I wish I had reached out sooner!”

Gambling had been a hobby of mine since my single days. Even after I got married and had less disposable income, I carried on gambling, telling myself “I’ll just keep within my allowance” . But that quickly became difficult, and I started using credit card loans. I racked up debt and tried to win back the money through gambling but kept losing, causing the debt to snowball.

My wife found the "Gambling Addiction Recovery Program" online and strongly encouraged me to join. I reluctantly agreed. Through the program I was able to talk about things I had been struggling with alone, and I felt as if a weight had been lifted from my shoulders. Joining a support group made me realize that I’m not alone in struggling with addiction, which I found very encouraging.

Before joining the program, I used to tell my wife that I was working late and go gambling every night. Now I go straight home after work and have made bathing my son part of my daily routine. I’ve even started playing futsal on the weekends again for the first time since my university days.

Sometimes I still get the urge to gamble, but I am able to control those feelings using the techniques I learned during the program. The program has helped me build a new lifestyle, free from gambling.



"I thought I was helping my husband, but I was actually enabling his addiction!"

When sober, he was a great husband who worked hard and took good care of the children. But once he started drinking, he wouldn't be able to stop. He would spend weekends drinking from noon and then drive to the convenience store to buy more liquor, despite my objections.

I was so worried about his health; I did everything I could to help get him back on his feet. I threw away his alcohol, took care of him when he was drunk, and called his workplace to cover for him when he couldn't wake up due to a hangover.

But after joining the family classes, I realized that my actions were only enabling his addiction. The methods taught in the classes were the exact opposite of what I had been doing. It was difficult at first, but after persisting with the new methods I started seeing a change in my husband. We started talking more, and he stopped day-drinking on the weekends.

He eventually consulted a doctor and decided to quit drinking altogether. He is still sober to this day.

The family of addicts are severely affected by their actions, and it is very difficult to know what to do. The family classes gave me the knowledge I need to help support my husband in his sobriety. Now we all go camping together on weekends, and it fills me with joy to see my family smiling again!



See the website for more information
on addiction programs run by the
Shizuoka City Mental Health Center

Mental Health Center Shizuoka City

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For consultation, questions, or inquiries
regarding this pamphlet, call...

Shizuoka City Mental Health Center

(Counseling center for gambling, alcohol, and drug addiction)

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