



7 THINKING ABOUT CUTTING BACK OR QUITTING?

YOU ARE ENCOURAGED TO SPEAK WITH AN ALCOHOL AND DRUG SPECIALIST OR A DOCTOR IF YOU ARE THINKING ABOUT CUTTING BACK OR QUITTING.

Many people can cut back or quit by themselves, particularly if they do not experience any withdrawal symptoms. People who have been using a lot or for a long time, may experience the following:

Restlessness, sweating, muscles twitching, aches and pains, vomiting, diarrhoea, nausea, stomach pain and cramps, hot and cold flushes, trouble sleeping, intense cravings, fever, bone and joint pain, anxiety.

This can make cutting back or quitting hard.

WHAT IS THE OPIOID TREATMENT PROGRAM? (OTP)

- OTP is a treatment for people who are dependent on opioids. It involves being stabilised on a substitute drug (either methadone or buprenorphine) so that you are neither feeling intoxicated, nor in withdrawal.
- Public alcohol and drug clinics and private prescribers can provide this treatment.

HERE ARE SOME OTHER TIPS THAT MAY HELP YOU TO CUT BACK OR QUIT

REASONS – Write down why you want to quit or cut down. This could include money, legal reasons, personal relationships, health benefits etc.

SUPPORT- Make sure you have as much support as possible. Try thinking of people who can support you.

CUES – Avoid things that will make you feel like using, such as places, people, stressful situations. This is especially important in the beginning.

CUT TIES – Throw out anything you associate with using (e.g. injecting equipment) and consider cutting connections to people associated with opioids (e.g. delete phone numbers).

NEW STRATEGIES – Seek support to develop new strategies to manage pain / anxiety.

Is there someone you can trust - like a family member, friend or worker - who you can talk to about your opioid use?

MY PLAN FROM HERE IS...

REMEMBER

- Help is available
- Treatment works
- People can make successful change around their opioid use
- If you are trying to quit, sometimes it can take a few attempts. Learn from any slip-ups and keep going

WHERE TO GO FOR MORE HELP...

Call the national Alcohol and Other Drug Hotline for free, confidential, 24 hour telephone counselling, advice and referral.

1800 250 015

YOUR LOCAL SERVICE OR NSP CONTACT IS:

insigh
Centre for alcohol and other drug
training and workforce development

