

Connolly Counselling Centre

Chemical Addictions

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A chemical addiction occurs when the body develops a physical dependency on chemical substances such as alcohol or drugs, be them prescribed or narcotic related. This form of dependency typically occurs through repetitive use of a particular substance in increasingly larger doses due to the fact that the body has begun to assimilate or grow tolerant toward the substance. These larger doses are needed to achieve the same effects which may include a sense of euphoria or the alleviation of depression and anxiety.

Examples of addictive substances include:

- Alcohol
- Nicotine
- Cocaine
- Methamphetamines
- Prescription medications (pain medications, opioids)

Online Resources

[Alcoholic Anonymous](#)

Alcoholics Anonymous is a community of men and women who share their experience, strength and hope with one another in the hopes that they may solve their common problem and help others to recover from alcoholism. Their primary purpose is to stay sober and help other alcoholics achieve sobriety.

[Narcotics Anonymous Ireland](#)

Narcotics Anonymous is a non-profit, international, community-based organisation for recovering addicts where it is believed that the therapeutic value of one addict will help another. Their members take part in meetings where they discuss their experiences and recovery from drug and alcohol addiction.

[HSE County Services](#)

The HSE has gathered a list of addiction support services with all their relevant contact details, addresses, and websites. These services are broken down by county and allows you to find the nearest relevant service to you.

[Addiction Counsellors of Ireland](#)

This site aims to provide information surrounding addiction, both chemical and behavioural, along with information about different counselling services. Should you wish to avail of any of these counselling services there is a list of 418 county based addiction counsellors on the site, with relevant contact details for each person.

[In The Rooms \(ITR\)](#)

“In The Rooms” is a free online recovery tool with over 800,000 global members who share their strengths and experience with addiction with one another daily through the use of live meetings and discussion groups. With over 130 weekly online meetings that embrace various methods of recovery such as, 12 step, non 12 step and wellness and mental health modalities this is an excellent site to aid in your recovery progress.

[I am Sober \(Android\)](#) || [I am Sober \(IOS\)](#)

“I am Sober” is an app for your Android or iPhone that helps you throughout your sobriety by connecting you to a wide network of individuals who are all striving for the same goal, to stay sober. The app allows you to track how long you have been sober, share your story with other people, build new habits and notify you of various milestones in your sobriety.

Books

[The Anonymous Press PDF Edition of Alcoholics Anonymous](#)

This book shares the stories and experiences of thousands of men and women who have recovered from alcoholism and aims to help others learn about the AA program.

[The Allen Carr Collection \(free eBooks\)](#) // [The Allen Carr Collection \(Amazon\)](#)

Allen Carr is one of the leading experts in helping others to quit smoking and his book “Easy Way to Stop Smoking” is an international bestseller. While his collection mainly includes books on quitting smoking he also has books on quitting alcohol.

[Sobriety – Your guide to a better life](#)

This book is endorsed by multiple experts and aims to help you in finding solutions to living your life free of alcohol and drugs. It includes worksheets and questionnaires to help you create a sobriety plan and advice from people who have recovered from addiction.

[Clean \(free eBook\)](#) // [Clean \(Amazon\)](#)

Clean explores the latest research in psychology, neuroscience, and medicine, to reveal how addiction really works and to provide scientific methods to combat it.