

## Other Substance Withdrawal

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Whenever facing the withdrawal symptoms associated with long term drug abuse, it doesn't matter what particular substance you are talking about when it comes to how difficult the treatment process is going to be. There are some differences, but many substance withdrawal symptoms are similar or can affect your life in the same way. In addition, there are some common elements to the risks that come with trying to stop the abuse of drugs. On GoMentor.com you can get professional therapy from skilled therapists, but first here are some general tips for dealing with drug withdrawal symptoms.

### Withdrawal Symptoms for Other Substances

Depending on the exact nature of the substance, there are various withdrawal symptoms that may be faced including:

- Jitters and shakes sometimes occur as a physical withdrawal symptom when a substance is not given to the body.
- Cravings for the drug commonly occur when people are going through withdrawal, which is one of the reasons breaking the addiction without treatment is so difficult.
- Mental problems of varying degrees may occur when a drug is not taken after long term use. This is another reason therapy and counseling are recommended to help with substance abuse withdrawal problems.
- Headaches and other minor physical afflictions may occur with substance withdrawal.
- Sleep problems ranging from insomnia to sleeping too much may happen when facing withdrawal symptoms of various substances.

### Dangers of Drug Withdrawal

Again, depending on what specific substance is being abused, the danger of withdrawal will vary. Some - like alcohol withdrawal - carry life or death consequences while others have few physical symptoms but still have various psychological symptoms that appear. When stopping use of any substance that has an effect on the brain, there are likely to be serious consequences, most of which might not be good. This is why it is a good idea to get help when going through substance withdrawal symptoms.

### Treatment for Withdrawal from Other Substances

On GoMentor.com you can book online therapy sessions with trained therapists that can assist you with coping with the various symptoms of substance withdrawal that you may face so that you can move forward toward recovery. Online treatment for helping with the effect of quitting drugs that have been abused for a long time can help give support when facing your substance abuse problem and sometimes this makes all the difference. Facing the withdrawal symptoms alone isn't something that you have to go through. Getting help from trained therapists who understand withdrawal can increase your chances of recovery.

### Definition of Other Substance Withdrawal

Substance withdrawal occurs when a person stops taking a substance and suffers mild or serious physical and mental symptoms as a result of their body's addiction to the drug. While the effects of substance withdrawal will vary depending on the substance, psychotherapy and counseling can help.

- Jitters
- Cravings
- Mental problems
- Headaches
- Sleep problems