

Adderall Addiction

YOUR GUIDES ON A
PERSONALISED PATH TO HEALING

[PARACELSUS -RECOVERY.COM](https://paracelsus-recovery.com)





We can't tell you exactly what your four-week stay will involve, as each individual's experience with Adderall addiction is unique. At Paracelsus Recovery, every client receives a completely bespoke treatment plan tailored to them. Similarly, we do not adopt a specific treatment model. Instead, we advocate for a completely pragmatic approach to addiction – whatever works best for you to achieve your goals. Each day you spend with us will be thoughtfully structured to include a variety of carefully selected therapies designed to complement one another to restore every aspect of your physical, emotional, and psychological health and reclaim control of your life.

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Understanding Adderall addiction

What is Adderall addiction?

Adderall is an amphetamine. Amphetamines are powerful psychostimulant drugs that affect the central nervous system. They are often prescribed to treat those with ADHD/hyperactivity and narcolepsy. However, they can be taken as an illegal recreational drug to increase feelings of excitement and alertness. Alongside Adderall, commonly used amphetamines include: Dexedrine, Vyvanse, Methamphetamine and MDMA/Ecstasy. When taken responsibly for a mental health condition that requires them, medically-prescribed amphetamines like Adderall are safe and extremely beneficial for the user. However, when an individual without ADHD takes them, they produce a high that can be addictive.

Adderall is notoriously over prescribed, too, meaning that many of us are taking a substance we do not require, thus making us highly susceptible to dependency. People can also quickly develop a tolerance for amphetamines like Adderall – needing to increase the dosage each time they consume the drug. Adderall dependence can have devastating physical and mental consequences. Adderall drastically increases the activity of key neurotransmitters in the brain, such as norepinephrine and dopamine. These chemicals increase attention, alertness, blood flow, reward, motor control, and motivation. They also induce a feeling of euphoria, as well as a rewarding feeling that motivates continued use. However, these highs are followed by long periods of depression, irritability and agitation. With continued use, this cycle of highs and lows can set the stage for numerous mental health conditions to emerge.

If you have developed an Adderall addiction, you can overcome it. However, it can be challenging without professional, structured support. Often, the only way to do this is to undergo a medical detox to manage the physical withdrawal and work with mental health experts to manage the psychological withdrawal.

What are the signs?

Signs and symptoms of Adderall dependency include:

- Wanting to cut down or stop using Adderall but feeling unable to.
- Using Adderall in everyday life.
- Taking Adderall to cope with stress.
- Spending less time with family, friends or doing activities you once enjoyed.
- Needing ever larger doses to get the same pleasurable effects.
- Needing Adderall to feel "normal".
- Withdrawal symptoms when not taking the drug, such as: extreme fatigue or "crashes", sleep disturbances (insomnia or hypersomnia), increased appetite, depression, headaches or muscle aches like.

Whether this is for you or a loved one, contact us anytime.

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How we treat Adderall addiction

Our approach considers the whole person – mind, body and soul

Your treatment programme is carefully customised to your unique situation and needs. While we integrate advanced therapeutic techniques and holistic care, your needs shape every step of the recovery process. For those struggling with Adderall dependency, treatment begins with a thoughtfully-supervised withdrawal process. This often involves gradually tapering your dosage to ease the effects of withdrawal safely. In certain cases, we also use specific medications to support focus and cognitive function during detox and manage withdrawal symptoms like anxiety, insomnia, irritability, or increased heart rate.

Alongside supporting you through the withdrawal process, we conduct thorough medical and psychological assessments to uncover the root causes of your Adderall dependency. Using these insights, we create a personalised plan to help you overcome it for good. In addition to identifying and treating root causes, we also address any consequences – from neurological to physiological damages – that often arise from substance abuse. Your bespoke programme will focus on intensive psychotherapy, biochemical restoration, and complementary therapies. By addressing your physical, psychological, and biochemical needs, we guide you along a personalised pathway to recovery.

[LINK](#)

15+ team members, all dedicated to your health and well-being

With an unparalleled 15:1 staff to patient ratio, we treat every client as a carefully-managed project. The withdrawal protocol will be carried out and supervised by a dedicated clinical nurse specialist and our psychiatrist. An experienced addiction psychotherapist and qualified nurse stay at the same residence with you 24/7. World-class doctors, psychiatrists, trauma psychotherapists and complementary therapists round out the rest of your dedicated team. No matter the unique blend of treatments you receive, they will be delivered with the Swiss medical excellence we are known for.

Comprehensive programmes as unique as you are

Each of our treatment programmes is carefully curated to each client's specific set of needs. Those needs may be physical and psychological, e.g. if our team identifies nutritional deficiencies or signs of other addictions during the assessment period, your programme would be shaped with these in mind. However, those needs can be practical too – such as when a client needs to work or travel during their stay with us. We can provide treatment for Adderall addiction and any co-occurring dependencies and mental health conditions at our private addiction treatment centre in Zurich.

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The journey begins with a conversation

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