



CREST is a group programme that addresses substance addictions.

Family members and loved ones are encouraged to attend the family programme, Families in Recovery Through Education, Support & Hope (FRESH).

For further enquiries, please refer to our website at www.nams.sg or call 6-RECOVER (6732 6837)

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Green Medical Park
10 Buangkok Green
Singapore 539747
Tel: 6389 2200 (for appointment)
Email: imh_appt@imh.com.sg

National Problem Gambling Helpline: 1800-6-668-668
All Addictions Helpline: 6-RECOVER (6732 6837)

www.nams.sg

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The Continual Recovery through Education and Skills Training (CREST) Programme

**NATIONAL
ADDICTIONS**
MANAGEMENT SERVICE



What is Addiction?

Addiction is a chronic, progressive, and relapse-prone illness that affects a person both physically and psychologically. A person can become addicted to either substances (e.g. drugs, alcohol) or to certain activities (e.g. gambling, sex, the internet).

It is characterised by the following:

- The person continues the addictive behaviour despite the consequences
- The frequency or intensity of the behaviour increases over time
- When the behaviour is stopped, the person experiences unpleasant feelings and emotions

Addiction affects almost everyone close to the person with the illness. People suffering from addictions often do not want to talk about their problems. They hide their behaviour out of shame and experience feelings of despair. Many have unsuccessfully tried to quit their addictions on their own several times before they seek professional help.



Help for you and your addiction

Leading a meaningful addiction-free life is possible for you. Many people suffering from addictions have transformed their lives. Would you like to:

- Do something about your addiction?
- Gain greater control over your life and learn to manage your problems better?
- Understand more about addiction and what it takes to keep your recovery going?
- Understand yourself better and improve your relationship with others?

The Continual Recovery through Education and Skills Training (CREST) Programme

CREST is a group programme run by professional counsellors to help you:

- Understand the process of addiction
- Understand triggers and cravings
- Learn how to avoid relapses
- Learn how to manage difficult feelings
- Learn how 12 steps can help in your recovery

