

Drug Addiction and Substance Abuse Treatment in Mumbai

[Drug addiction](#) and substance abuse are major public health problems in Mumbai, India. According to a 2018 survey by the National Drug Dependence Treatment Centre, Mumbai has the highest prevalence of drug use in India, with an estimated 1.2 million people using drugs. The most commonly used drugs in Mumbai are cannabis, heroin, and amphetamines.

Substance abuse can have a devastating impact on individuals, families, and communities. It can lead to health problems, financial ruin, and criminal activity. Overdose is a leading cause of death among people with substance use disorders.

There are a number of drug addiction and substance abuse treatment programs available in Mumbai. These programs offer a variety of services, including detoxification, counseling, and medication-assisted treatment.

These centers offer a variety of treatment programs, including:



- **Detoxification:** This is the process of removing the drugs from the body. Detoxification can be done in a variety of ways, including through medication, withdrawal management, and support groups.
- **Counseling:** This involves talking to a therapist about the addiction and how to overcome it. Counseling can be individual or group-based.
- **Medication-assisted treatment (MAT):** This involves using medication to help people with substance use disorders reduce or stop using drugs. MAT is a safe and effective treatment for many people.

If you or someone you know is struggling with drug addiction or substance abuse, please seek help. There are many resources available to help people recover.

Here are some additional tips for getting help with drug addiction and substance abuse:

- Talk to your doctor. They can assess your situation and refer you to a treatment program.
- Call a helpline. There are many helplines available that can provide information and support.
- Contact a local treatment center. Many treatment centers offer free or low-cost services.
- Join a support group. Support groups can provide a safe and supportive environment where you can share your experiences and learn from others.

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