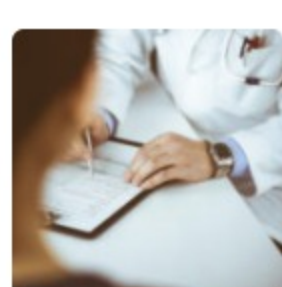


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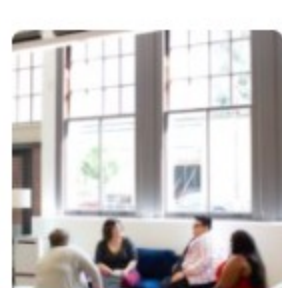
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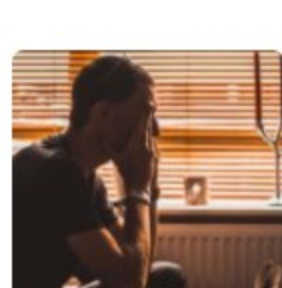
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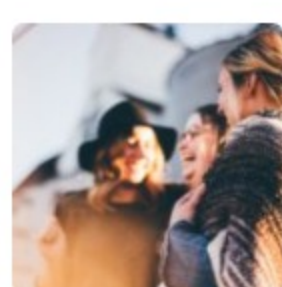
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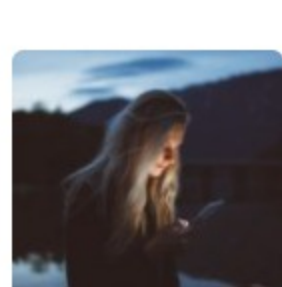
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The Best Way To Go About Quitting Adderall

Louisville Addiction Treatment Center - December 9, 2021

Adderall is a stimulant medication that is commonly prescribed to people with ADHD to improve concentration and reduce impulsivity. However, there are many people who abuse it as a recreational drug for its dopamine rush or 'high'.

Taking Adderall regularly without a prescription over a long period of time can result in addiction. The mind and body becomes dependent on the high of Adderall, and you may start to experience unpleasant withdrawal symptoms if you don't keep taking this drug.

These withdrawal symptoms make it very difficult to quit Adderall. This guide explains more about how to overcome these withdrawal symptoms and successfully quit.

What are Adderall withdrawal symptoms?

When you stop taking Adderall after a long period of regular abuse, the body becomes unable to produce dopamine. This can lead to symptoms such as:

- Extreme tiredness
- Sleeping difficulties
- Difficulty concentrating
- Anxiety
- Depression (including suicidal thoughts)
- Lack of motivations

Some people may also experience other withdrawal symptoms such as:

- Headaches
- Slow reflexes
- Increased appetite
- Aches

It's worth noting that continuing to take Adderall is not the solution. Long-term Adderall abuse can result in unhealthy side effects ranging from weight loss to heart disease.

Can I go cold turkey?

Some people attempt to go 'cold turkey' and ride out the withdrawal symptoms. This is possible to do, however it could take several days to several weeks to fully overcome withdrawal symptoms and feel normal. Depressive symptoms may increase during this time.

Many people who attempt to go cold turkey end up relapsing or end up putting their mental health in serious danger. This is why many professionals do not recommend going cold turkey.

The best way to go about quitting Adderall

A more gradual method of weaning the body off of Adderall can often be more effective. This can help to reduce withdrawal symptoms, helping to make the process easier.

You should consider getting professional help when trying this gradual method of quitting Adderall. A [drug addiction treatment expert](#) will know exactly how slowly to wean you off, as well as teaching you ways to keep withdrawal symptoms at bay.

There are various different forms of professional help that you can look into. A few examples include:

Telemedicine: [Telemedicine](#) allows you to get therapy from home – all sessions are conducted via voice or video call. This could allow minimal disruption to your life.

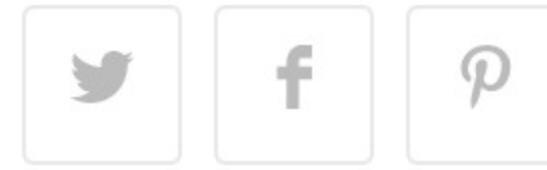
Outpatient care: Outpatient care typically involves living at home, while occasionally visiting a rehab clinic for therapy sessions. This can be a great option for those who do not want to spend nights away from home, but who may still benefit from in-person treatment. Find out more about [admissions](#) here.

Intensive outpatient care: An [intensive outpatient program](#) (or IOP) also allows you to live at home, but typically demands you to give more time and attention. It's a halfway option between outpatient care and inpatient care.

Inpatient care: This involves staying at a rehab clinic where you can benefit from a truly immersive treatment program. For those that want no distractions or temptations, this could be the best option.

It's worth talking to a drug addiction treatment professional to work out the best way to go about quitting adderall for you.

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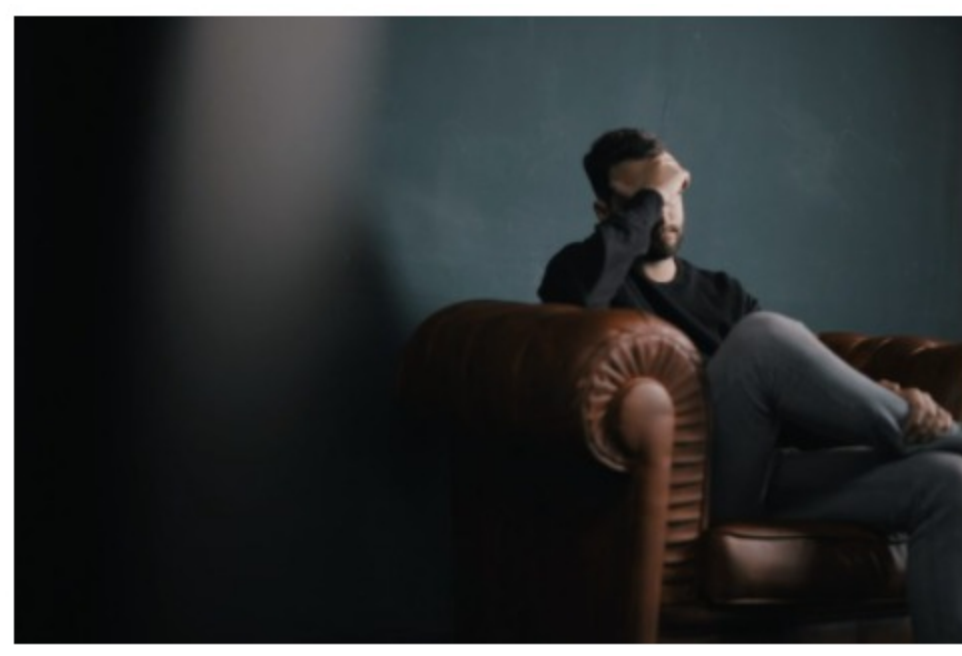


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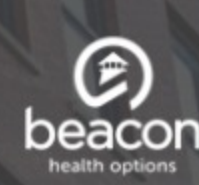
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