

# NICOTINE



Nicotine is a substance found in products like tobacco cigarettes and vapes. It's the presence of nicotine in these products which induce the highly addictive physiological response causing any person accessing nicotine to crave it more and more, thus underpinning the common addictions to smoking and/or vaping seen in society today.

The associated effects of nicotine include pleasant feelings of a relaxed mind-set, happy, giddy, light headed (can be called head spins) and can give a small adrenaline rush. This form of drug use is commonly paired with alcohol.

Further information on Nicotine in the Your Health Support [Quit Smoking](#) tab, with some content covering vaping too. This resource is great for further recognising an addiction to nicotine through smoking and vaping as well as linking some help resources for support.