

A public resource you can simply pass forward.

Flow Hijacked is a free, bilingual and non-commercial public resource about addiction, recovery, mental health, neuroscience and lived experience.

WHO CAN USE IT?

People · families · teams · institutions

Patients and alumni, loved ones, clinicians and mental-health staff, treatment communities, students, lecturers and researchers.

WHY SHARE IT?

Fast value before explanation

Each page is selected for a precise human moment, works on mobile and keeps evidence, interpretation and lived experience visibly separate.

FIVE ENTRY OBJECTS — CHOOSE THE MOMENT, NOT JUST THE HOMEPAGE

01 · AFTER A LAPSE

I used again. What now?

Safety first. Then one honest contact and one reachable hour.



02 · FOR FAMILY & LOVED ONES

Someone I love is struggling

Care, observable facts and boundaries you can actually keep.



03 · FAST CHECK-IN

The 60-second Recovery Field

Notice what is narrow now. Leave with one realistic next step.



04 · VISUAL NEUROSCIENCE

What addiction does to the brain

Learning, stress, relief, salience, habit and control—not one broken region.



05 · FOR PROFESSIONAL USE

Professional Gateway

Evidence, atlases, lectures, frameworks and bilingual patient resources.



NO PAYMENT · NO ADS · NO LEAD SELLING · NO COMMERCIAL UPSELL · NO OBLIGATION · NO PERSONAL FINANCIAL INTEREST

Take it. Use it. Share it. Send it to someone it may help.