

# 2 Most Common Mental Health Disorders Associated With Substance Abuse

By The Professionals At Grand Falls Recovery Center

GET STARTED NOW

Substance abuse and mental health are two big problems when they are separate. When you join them together though, it becomes a whole different issue. It's often tough to separate the two from each other, especially when there is usually some kind of link between the two.

Here at [Grand Falls Addiction Treatment Center](#), we are here to help those with dual diagnosis get through their addiction and mental health issues, aiding them in leaving a healthy, sober life.

## What Is Substance Abuse?

Substance abuse is when a person becomes addicted/dependent on a particular substance. The misuse of substances is not an uncommon thing, with the US currently facing one of the biggest epidemics in the history of the country when it comes to drugs.

A common misconception of substance abuse is that it has to be illegal but this is not the case. A lot of people who are addicted to substances are addicted to those that were prescribed by doctors for management of pain, or even mental health disorders.

Substance abuse has a number of issues attached with it, namely that it alters the way that the body functions and makes the person believe that they need the substance in order to survive. Those who are experiencing substance abuse [need help](#) in order to get their life back on track, and live the best life they possibly can. While it's not an easy road, it's definitely going to be worth it in the end.

## Understanding Dual Diagnosis

Dual diagnosis is the official term for someone who has a specific mental health problem, as well as the substance abuse. Treating dual diagnosis patients will entirely depend on the kind of approach that the specific treatment center takes.

Some centers treat them as two separate issues, but this is not how we handle things at [Grand Falls Addiction Treatment Center](#). We understand that they are two different problems, but we also understand that it is a little more complex with this. Our experts have created the best possible integrated substance abuse and mental health programs possible for individuals who are suffering.

Our approach is extremely patient-centered, so we adapt the way that we treat our patients based on their individual needs. It's not a case of one shoe fits all, everyone is unique, and we want you all to live the best and healthiest life possible.

## Depression

Depression is one of the most common mental health disorders that is associated with substance abuse. Sometimes, people begin taking drugs or alcohol in the first place because they think that it might help the fact that they don't feel anything. Or, if they feel too much, they may wonder if it will make it all stop. This is how a lot of patients end up addicted to their substance, as they become addicted to the fact that it takes the pain away and allows them to feel numb, or happy depending on their drug of choice.

Depression is one of the most common mental health disorders with there being different variants. For example, bipolar disorder is one of the most common associated with substance abuse, and this is also known as manic depression.

## Anxiety Disorders

The second most common mental health disorders associated with substance abuse are anxiety disorders. This includes things such as Obsessive Compulsive Disorder (OCD), Social Anxiety, Panic Disorders and many more. There is no evidence to suggest that substances can cause these disorders, but there are a lot of people who experience this as a dual diagnosis.

Anxiety disorders among the general population are on the rise, so it's not surprising that there are more people who are presenting with this untreated mental health condition on top of their substance abuse problem. Some people find that certain substances calm down their anxious tendencies which is why they turn to them in the first place.

## Get In Touch With Us Today

If you have a mental health problem, and you are struggling with substance abuse, then you need to seek out some help. We know that you are never going to do so until you're ready, so we're not going to try to force you to get in touch with us.

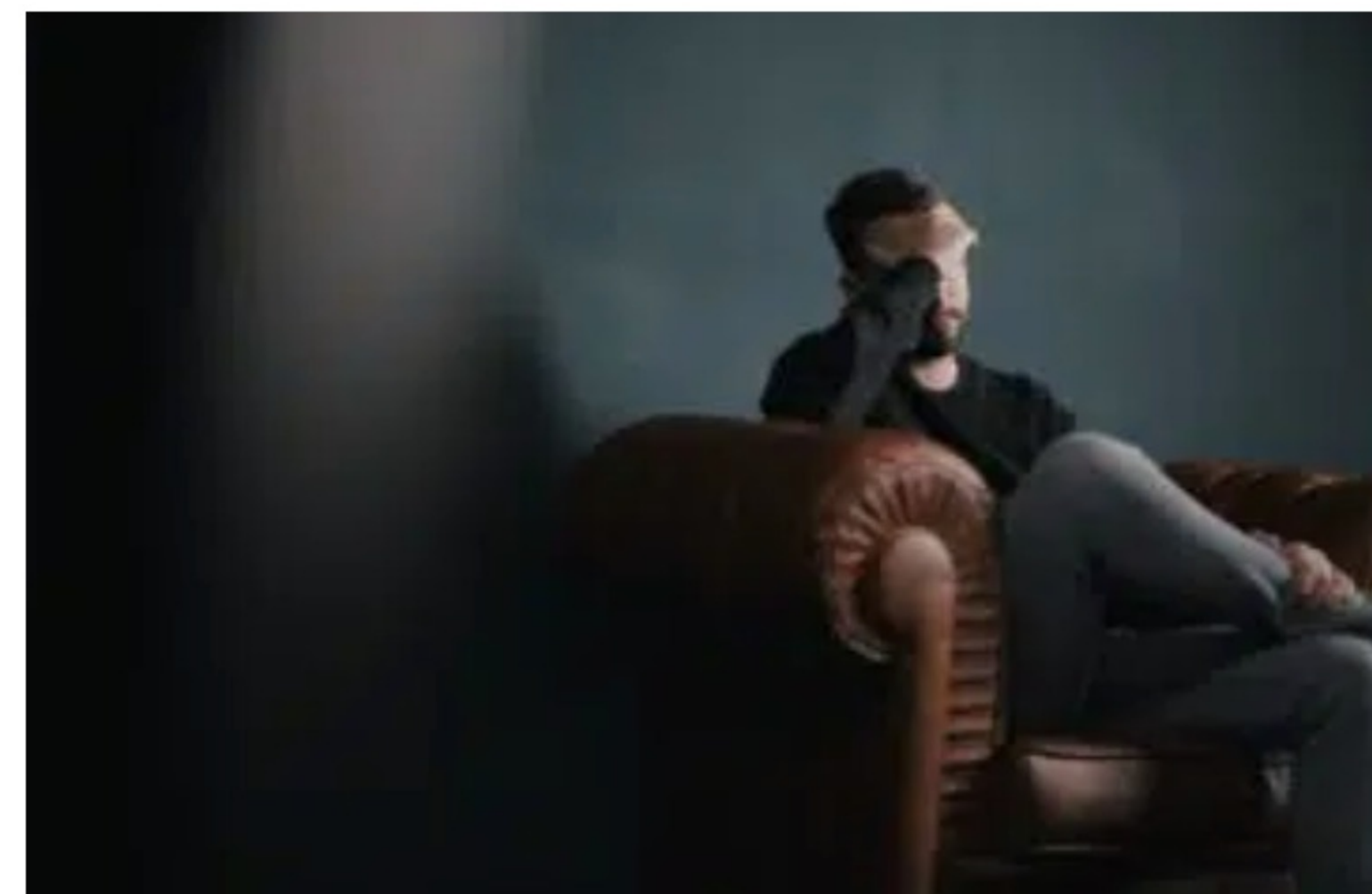
But, if you know that you have a problem, and that you are struggling, know that [we are here to help](#). You can get in contact with us, and a member of our team will talk you through your options. We look forward to hearing from you.

## Get the Help You Need

Grand Falls Center for Recovery is here to help you, or a loved one, in finding lasting recovery from drug & alcohol addiction.

TALK TO OUR PROFESSIONALS

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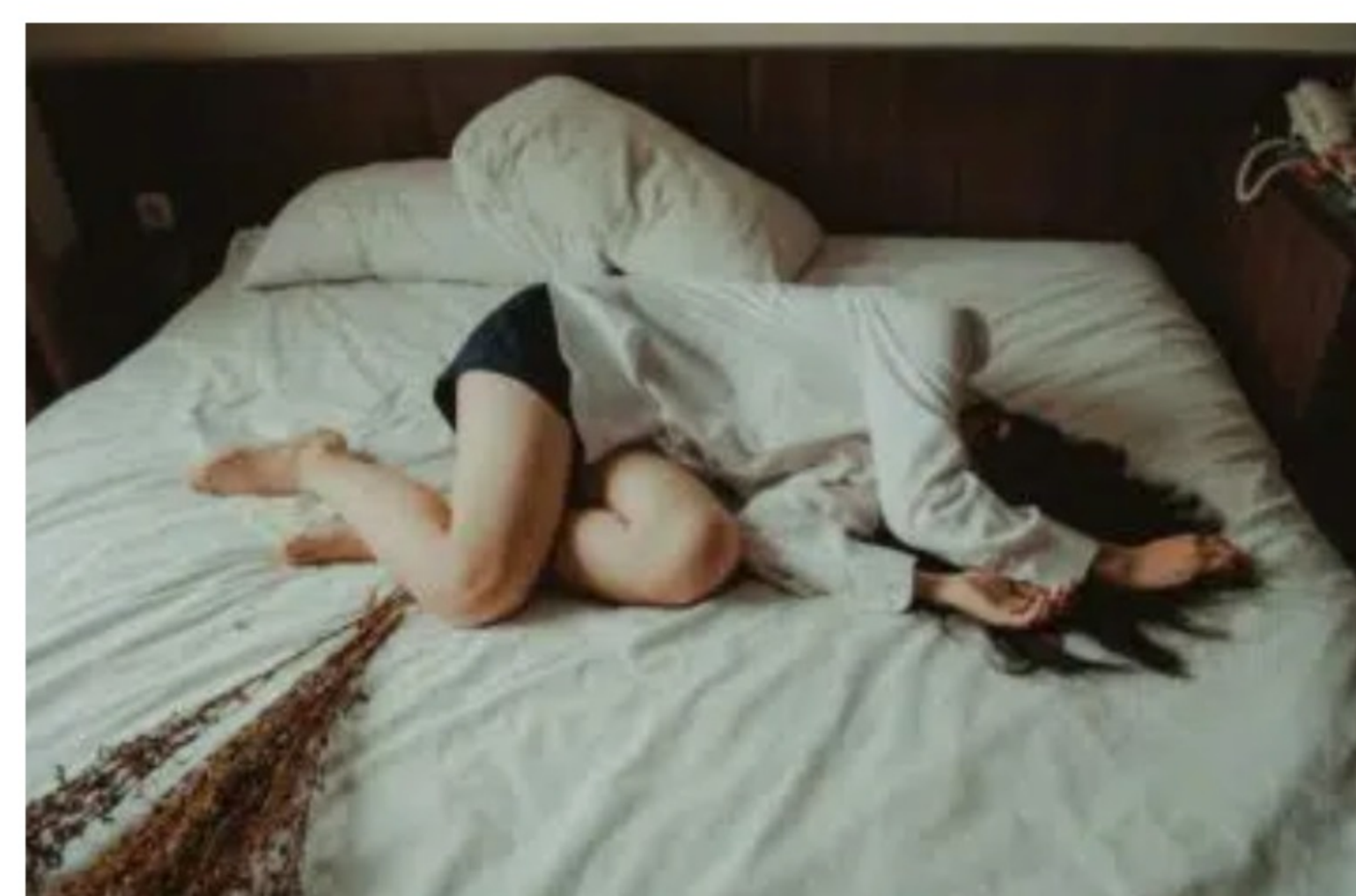
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