

# MENTAL HEALTH STRUGGLES & ADDICTION

## HOW THEY OFTEN COEXIST

ADDRESS:



People with addiction frequently have mental health conditions like depression, anxiety or PTSD (dual diagnosis). Successful recovery requires treating both together.

# 46M

## AMERICANS



An estimated 46 million Americans aged 18 or older experienced a substance use disorder in 2022.

Nearly 2/3 of those people were employed

2022 National Survey on Drug Use and Health (NSDUH).

## THE MENTAL HEALTH & SUBSTANCE ABUSE CONNECTION



### SELF MEDICATION

Many individuals use substances to cope with stress, trauma, or emotional pain.



### BRAIN CHEMISTRY

Addiction and mental health disorders both affect neurotransmitters like dopamine and serotonin.



### CYCLE OF DEPENDENCY

Substance use can temporarily relieve symptoms but worsens mental health over time.

## THREE COMMON DUAL DIAGNOSES



Alcohol is a depressant that can intensify feelings of sadness and hopelessness.



Some people misuse stimulants (e.g., Adderall, cocaine) to feel more alert but experience severe anxiety as a result.



Trauma survivors may use opioids or other substances to numb emotional pain.

Contact Ulliance for assistance with free, confidential support and resources.

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