coping mechanism for dealing with stress, anxiety, and unhappiness. The perceived benefits for drug users are always short-lived. They receive a temporary high or a brief respite from their problems, only to then succumb to addiction, withdrawal symptoms, and long-term health issues.

People take drugs for a wide variety of reasons. It may start when you're young as a result of curiosity, rebellion, or peer pressure. It could even have begun as a

Drugs have numerous negative impacts on the body. Depending on the substances one takes, you might find yourself more susceptible to weight gain, eating disorders, respiratory problems, and a higher risk of medical issues like heart attack, cancer and strokes.

But it also has an enormous effect on one's mental health, as well as the physical. What Is The Relationship Of Substance Abuse And Mental Health?



Substance Abuse And Mental Health

There are many different ways drugs can harm your mental health. Long term substance addiction can increase your risk of experiencing anxiety and depression, which can in turn lead to suicidal thoughts and harmful behaviors like eating disorders and self harm.

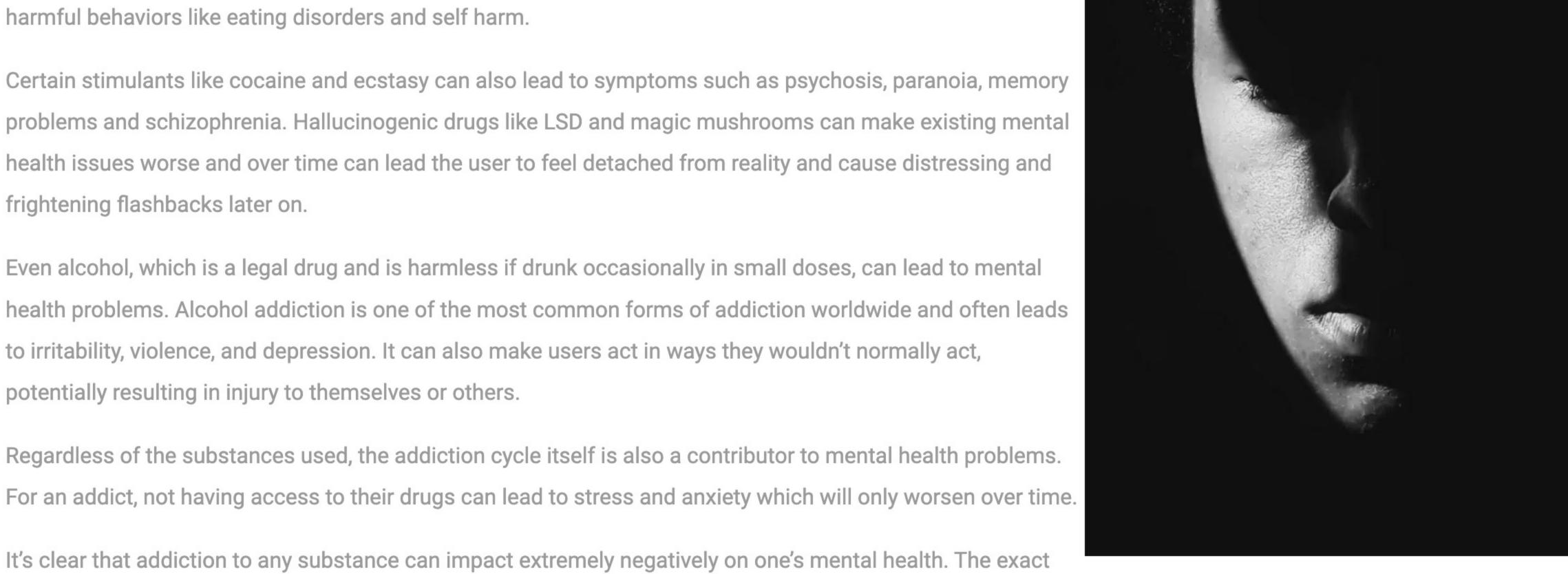
Certain stimulants like cocaine and ecstasy can also lead to symptoms such as psychosis, paranoia, memory problems and schizophrenia. Hallucinogenic drugs like LSD and magic mushrooms can make existing mental health issues worse and over time can lead the user to feel detached from reality and cause distressing and frightening flashbacks later on.

Even alcohol, which is a legal drug and is harmless if drunk occasionally in small doses, can lead to mental

to irritability, violence, and depression. It can also make users act in ways they wouldn't normally act,

potentially resulting in injury to themselves or others. Regardless of the substances used, the addiction cycle itself is also a contributor to mental health problems. For an addict, not having access to their drugs can lead to stress and anxiety which will only worsen over time.

It's clear that addiction to any substance can impact extremely negatively on one's mental health. The exact symptoms depend on the type of drug being used and the nature of the addiction. Nevertheless, however it manifests itself, the user should seek professional help as soon as possible.



How to seek help

If you or a loved one are struggling with addiction, you should seek hello from a medical professional as soon as possible. They will be able to give you advice on breaking the cycle of addiction and improving your mental health. They may also refer you to a drugs counsellor who can provide further advice on dealing with withdrawal and increasing your chances of staying clean and sober in the future.

In some cases of addiction, you might need to visit a detox center to help you through the withdrawal and move on with your life. If you need a detox center in Ohio to help you with drug addiction or alcohol addiction, Findlay Recovery Center provides a range of treatment options. Get in touch now to find out more.

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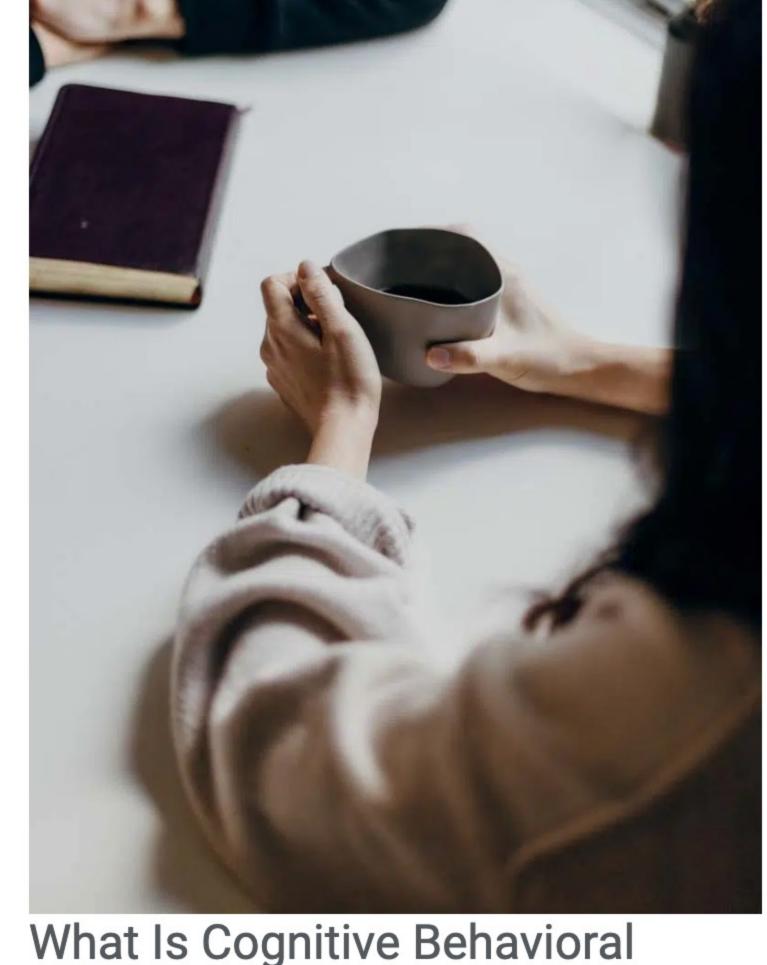
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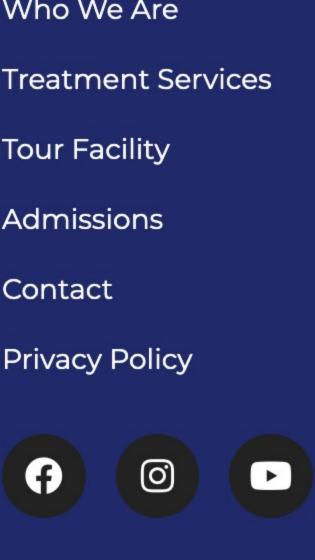
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24 Hours Saturdays 24 Hours Sundays 24 Hours Holidays

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About Our Company

Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.







