

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

Substance Abuse and Mental Health

May is **Mental Health Month**, a nationwide effort to raise public awareness and help end the stigma for people with mental health disorders. With 1 in 5 adults in America experiencing a mental health disorder, it is far more common than people may realize. Some additional statistics include:

- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Approximately 10.2 million adults have co-occurring mental health and addiction disorders.
- 29% of people diagnosed with a mental health disorder abuse either alcohol or drugs.

stand up against stigma

**No Health without
Mental Health**

Understanding the link between substance use and mental health

When an individual has both a substance use disorder and a mental health disorder (depression, bipolar disorder, anxiety, etc.), it is called a co-occurring disorder. In co-occurring disorders, both the mental health issue and the drug and/or alcohol addiction have their own unique symptoms which may interfere with how a person functions at work or school, handles stress, and relates to others. Though substance use and mental health disorders are closely linked, one does not directly cause the other. However, when a mental health disorder goes untreated, the substance use disorder may get worse and vice versa.

Help is available!

The best treatment addresses both the substance use disorder and the mental health disorder treated simultaneously. If you or someone you love is suffering from a mental health and/or substance use disorder, reach out to the professionals at your local treatment agency. You are not alone. With the right support, self-help, and treatment, individuals can reclaim their sense of self, and get their lives back on track.

For more information, please visit our website: www.DrugFreeAdamsCounty.org