

Understanding Anxiety for Substance Misuse

Anxiety Disorders

Anxiety disorders are a group of mental health conditions characterized by excessive worry, fear, and apprehension.

Common types of anxiety disorders include: generalized anxiety disorder (GAD), panic disorder, social anxiety disorder, and specific phobias.

Anxiety disorders often co-occur with substance misuse, creating a complex relationship between the two conditions.



There is a high prevalence of comorbidity between anxiety disorders and substance misuse in Australia.

Individuals with anxiety disorders may turn to substances as a means of self-medication to alleviate anxiety symptoms temporarily.

Substance misuse can exacerbate anxiety symptoms and lead to a cycle of dependence, further contributing to the co-occurrence of these conditions.

Impact of Anxiety on Substance Misuse:

Anxiety can contribute to the initiation, maintenance, and relapse of substance misuse.

Individuals with anxiety disorders may be more vulnerable to developing substance misuse issues due to seeking relief from anxiety symptoms.

Anxiety can also increase the severity of substance withdrawal symptoms and hinder the recovery process.





Integrated treatment approaches that address both anxiety and substance misuse are crucial for effective recovery.

Treatment may involve a combination of medication, therapy, counseling, and support groups.

Cognitive-behavioral therapy (CBT) and other evidence-based therapies are often used to address both anxiety and substance misuse simultaneously.

Seeking Help and Support

If you or someone you know is struggling with anxiety and substance misuse, it is important to seek professional help.

In Australia, various resources and services are available, such as general practitioners, psychologists, psychiatrists, and addiction treatment centres.

It is important to understand that anxiety and substance misuse are interconnected conditions that require comprehensive assessment and treatment. Addressing both anxiety and substance misuse concurrently is essential for improving wellbeing and promoting long-term recovery.

There are a wide range of support and resource options available at the ELPIS Foundation of Australia for those who are or may know someone affected by drug or alcohol addiction.



Reach out to ELPIS today.

Tel: (02) 9816 1859

E: info@elpisfoundation.org.au

Emergency Support Information

The ELPIS Foundation of Australia is not a crisis centre and cannot provide crisis support.

If you or someone you know needs immediate help, please call:

Emergency | 000

Alcohol and Drug Information Service (ADIS)

02 9361 8000 or free call 1800 422 599 (NSW regional and rural callers).

Lifeline Australia – 13 11 14

<https://www.lifeline.org.au>

1800 RESPECT

<https://www.1800respect.org.au>

Alcoholics Anonymous

<https://aa.org.au>

Narcotics Anonymous

<https://www.na.org.au>