

Understanding Bipolar Disorder for Substance Misuse

Bipolar Disorder



Bipolar disorder and substance misuse often co-occur, creating a complex relationship between the two conditions.

Individuals with bipolar disorder may be more vulnerable to substance misuse due to self-medication attempts to manage mood symptoms.

Substance misuse can worsen the symptoms and course of bipolar disorder, leading to poor treatment outcomes and increased risk of relapse.pac

Substance misuse can trigger or exacerbate manic or depressive episodes in individuals with bipolar disorder.



Alcohol and drug use can interfere with prescribed medications for bipolar disorder, reducing their effectiveness.

Substance misuse can disrupt sleep patterns, stability, and overall treatment adherence, making it challenging to manage bipolar symptoms effectively.



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

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

Mood-stabilizing medications and therapy modalities like cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) are commonly used in treating comorbid bipolar disorder and substance misuse.



Seeking Help and Support

If you or someone you know is dealing with bipolar disorder and substance misuse, it is important to seek professional help. In Australia, various resources and services are available, including psychiatrists, psychologists, community mental health centres and addiction treatment facilities.

It is crucial to understand the complexities of bipolar disorder and its relationship with substance misuse. Integrated treatment that addresses both conditions is essential for managing symptoms, promoting stability and supporting 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>

