



Understanding Depression for Substance Misuse

Depression

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

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

Substance misuse can worsen depressive symptoms and contribute to the development of a dual diagnosis or co-occurring disorder.

Impact of Depression on Substance Misuse

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

Individuals with depression may use substances to cope with negative emotions and numb their feelings.

Substance misuse can provide temporary relief, but it often exacerbates depressive symptoms in the long run, creating a vicious cycle.



Treatment Considerations

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

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

Evidence-based therapies like cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT) are commonly used to address both depression and substance misuse simultaneously.

Seeking Help and Support

If you or someone you know is struggling with depression 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 centers.

It is crucial to recognize the interplay between depression and substance misuse and address both conditions concurrently for successful recovery.

Seeking professional help, accessing support services, and utilizing evidence-based treatment approaches are essential steps toward improving well-being and reducing the impact of depression and substance misuse.

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>