

HAND IN HAND – MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES



On the week of preventing substance abuse (45) we encourage you to ask the clarifying question, because asking is the key to the conversation.

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EHKÄISEVÄN PÄIHDETYÖN
JÄRJESTÖVERKOSTO



MENTAL ISSUES AND SUBSTANCE ABUSE SHOULD BE TREATED AT THE SAME TIME

Everyone has a right to a good mental health. Behind substance abuse and mental problems there are usually alike long-term issues. To prevent those issues, we need to support certain qualities of a person and their healthy lifestyle.

MENTAL ISSUES AND SUBSTANCE ABUSE

Using substances may predispose people to multiple mental illnesses such as psychosis, depression, and anxiety. Sometimes people suffering from these illnesses try to ease the symptoms by consuming substances.

- Mental issues and substance abuse are one of the biggest reasons for young people's health problems and the main cause of their premature deaths.
- Using alcohol and drugs often causes symptoms of depression, anxiety, psychosis, fear, and paranoia.
- If you're worried about person's mental state or about of their substance consumption, bring the subject up. Ask the person, how are they and how you could help them.

NEUROPSYCHIATRIC DISORDERS AND SELF-MEDICATION

Neuropsychiatric disorders such as autism or ADHD sometimes may cause intense symptoms and negative feelings, like loneliness, externality or being different.

- Estimated 2–4 % of young adults have ADHD, which as unrecognized and untreated may expose to problems with mental health and substances.
- According to some research ¼ of people who has ADHD suffers from addictions.
- Early-stage diagnostics of ADHD prevents addictions and mental disorders.
- Substances may have pacifying effect on symptoms, so people may use the intoxicants to self-medicate themselves.

THE WELLBEING OF THE LOVED ONES

Problems with mental health and substances is harmful for the people suffering from them, but also to the people around them. Worry about someone may cause multiple stress symptoms such as insomnia, loss of appetite and several negative feelings and thoughts. If the situation gets prolonged the loved ones are exposed to several physical and mental illnesses.

- The relatives of the person with problems are usually more concerned about the wellbeing of the person with problems than their own.
- If a person has a loved one suffering from mental issues or substance abuse, ask them how are they doing themselves. Make specifying questions about their appetite or sleeping habits. Counsel them to seek support for themselves.
- Sometimes the loved ones themselves start to have symptoms of mental illnesses or substance abuse.

www.kysyminenkannattaa.fi

The week of preventing substance abuse is organized by Network of preventive substance abuse in Finland. (EPT-verkosto)

Lisää tietoa:

<https://paihdelinkki.fi/fi/tietopankki/tietoiskut/mielenterveys/samanaikainen-paihde-ja-mielenterveyden-hairio>

<https://nuortenlinkki.fi/tietopiste/tietoartikkelit/mielenterveys/adhd-ja-paihteidenkaytto/>

<https://thl.fi/fi/web/mielenterveys/mielenterveyshairiot/nuorten-mielenterveyshairiot/nuorten-paihteiden-kaytto-ja-kaytoshairiot>