

# Alcohol or Drug Induced Depression Treatment

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 [pathwaysreallife.com/alcohol-or-drug-induced-depression-treatment](https://pathwaysreallife.com/alcohol-or-drug-induced-depression-treatment)



There is a typical experience most people have in response to a tragic event in their lives or some other common cause of normal temporary depression. But, a substance-induced mood disorder is different. It can continue for months and sometimes even years. One cause of clinical depression is alterations in the way certain chemicals interact in the brain due to alcohol or drug abuse. Substance misuse can trigger or exacerbate a sense of loneliness, hopelessness, sadness, and other negative emotions that are characteristic of prolonged severe depression.

**If you or some you love is suffering from Alcohol or Drug Induced Depression, call Pathways Real Life Recovery to schedule a free consultation.**

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## **What is Substance Induced Depressive Disorder?**

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This mental disorder involves persistent, significant mood changes, showing clear indicators of depressed mood after consuming a particular drug or during withdrawal from it. The individual's mental health history is factored into determining the link between the medication and depression. Further, the symptoms must be significant enough that the individual has lost a substantial amount of normal daily functioning.

## **Substance-Induced Mood Disorder Symptoms**

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To qualify as a symptom, a condition listed below has occurred while under the influence of alcohol, an illicit substance, or medication or during the patient's withdrawal from the drug. Some symptoms include:

- Continuous sadness or hopelessness
- Low self-esteem
- Feeling of emptiness
- Lack of concentration
- Excessive or insufficient sleeping
- Lack of energy, fatigue
- Continuous irritability or anxiety
- Loss of interest in favorite activities
- Diminished interest in sex
- Significant and rapid weight gain or loss
- Delusions or hallucinations
- Thoughts about death or suicide
- Risky behavior
- Abusing drugs to self-medicate for depression

## **Causes of Substance/Medication Induced Depressive Disorder**

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This form of depressive disorder is caused by a particular substance/medication. Some types of illicit substances and prescription medication that cause depression include:

- Alcohol
- Opioids
- Amphetamines
- Benzodiazepines
- Hallucinogens

## **Drug or Alcohol Induced Depression Treatment**

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Like numerous other mental health disorders, depression can be successfully managed with appropriate treatment. Treatment options for substance-induced depression can include a wide range of medications, psychotherapy types, and even therapeutic brain treatment techniques.

### **Medications for Depression Treatment**

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Antidepressant medications are used to help improve the processing of brain chemicals that are responsible for mood. These can be very helpful in alleviating depression. Among the most frequently prescribed antidepressants are:

- Tricyclic Antidepressants
- Atypical Antidepressants
- Monoamine Oxidase Inhibitors
- Selective serotonin reuptake inhibitors

### **Non-Pharmacological Depression Treatment**

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Antidepressants may be addictive. With co-occurring disorders, depression, and substance addiction, recovery may require entirely non-pharmacological treatment options.

## **For Chemically-Induced Depression Relief, Call Pathways Real Life Recovery**

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With the right treatment, people with this form of depressive mental health disorder can go on to live normal, happy, and highly productive lives. But, many may be unwilling to accept the treatment necessary to overcome the disorder. Pathways mental health recovery professionals are highly experienced in providing the most effective treatments for the gamut of depression disorders.

**For questions about depression treatment, call Pathways Real Life Recovery at (801) 895-3006, or contact us here online to schedule a free mental health consultation today.**

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