

# DEPRESSION & ADDICTION

For many people with a substance use disorder (SUD), feelings of anxiety and depression are a familiar part of the struggle. Statistics show that addiction and mental illness can become part of a vicious cycle: the presence of one issue increases the risk of developing the other.

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50%

Percent of people who develop a substance use disorder who will experience mental health issues at some point in their lives.

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37%

Percent of alcohol abusers who also have at least one serious mental illness.

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29%

Percent of those who abuse either alcohol or drugs of all people diagnosed as mentally ill.

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**How to get help.** Recovery from co-occurring disorders starts with dedicated treatment for substance abuse and mental health issues.

Sources:

<https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>  
<https://adaa.org/understanding-anxiety/related-illnesses/substance-abuse>  
<https://www.drugabuse.gov/publications/health-consequences-drug-misuse/mental-health-effects>