



LANDMARK RECOVERY

Substance abuse can lead to depression in multiple ways:



- **Neurochemical Changes**

Substances like alcohol, opioids, and stimulants can alter the brain's structure and function by affecting neurotransmitters, the brain chemicals that communicate information throughout our brain and body.

- **Lifestyle Impact**

Substance abuse often leads to significant lifestyle changes that can trigger or worsen depression. This includes financial difficulties, relationship problems, job loss, and legal issues.

- **Health Consequences**

These health problems can include chronic pain, liver disease, and other physical health problems that can cause depressive symptoms.