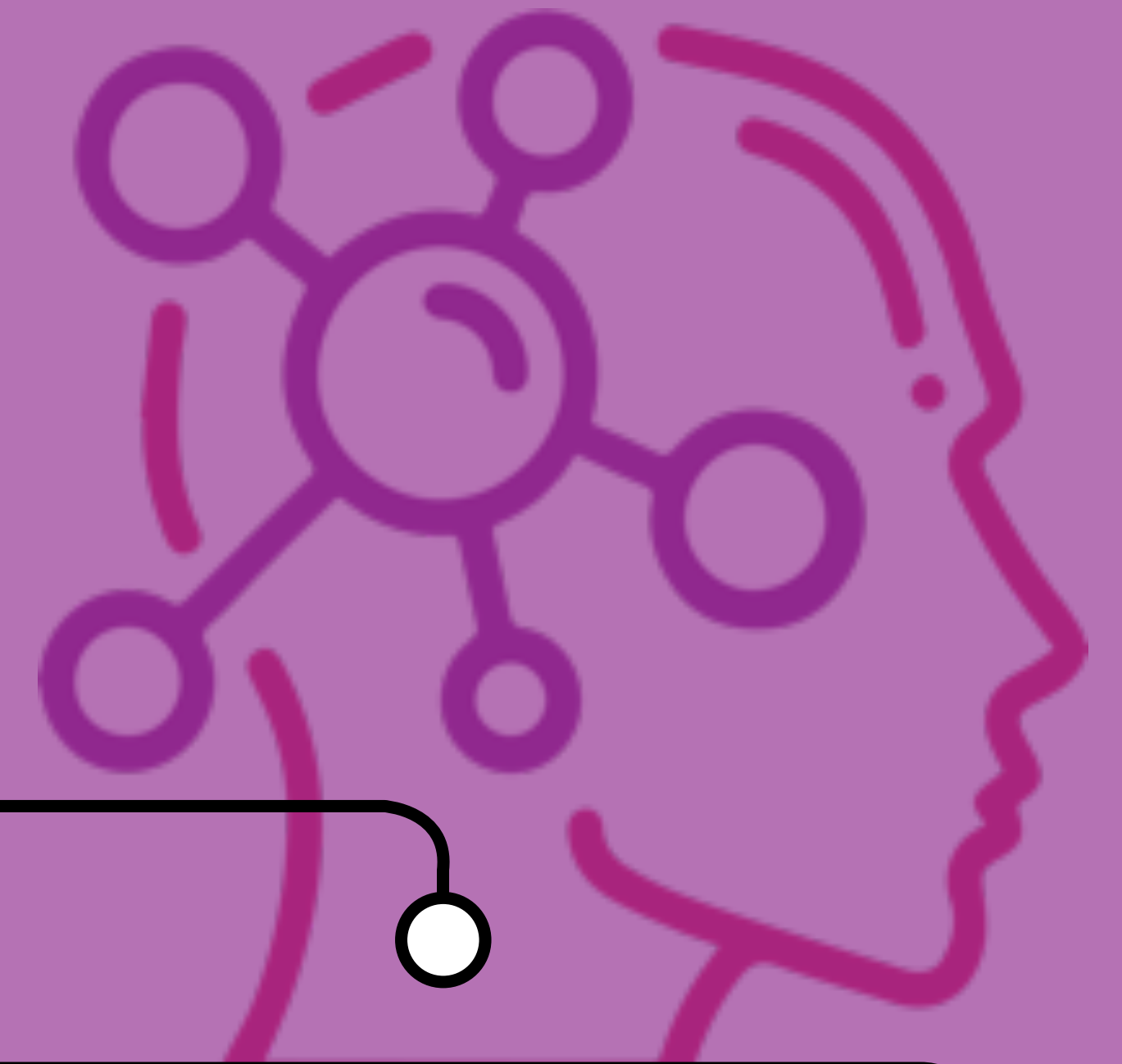


Substance Abuse & Mental Health



Substance abuse can worsen mental health conditions, such as depression, anxiety, and schizophrenia, making symptoms more severe and frequent.

Mental health disorders can lead to substance abuse as people may turn to drugs or alcohol to cope with their symptoms. For example, someone with social anxiety may start drinking alcohol to feel more relaxed in social situations, leading to alcohol dependence or addiction.

Someone with depression may use drugs to escape negative feelings, which could also lead to addiction.