

## Drug Abuse in Mental Health

**Anan Yaghmur\*****Received :** January 03, 2022; **Accepted :** January 20, 2022; **Published :** January 28, 2022

Department of pharmacy, University of Hacettepe, Turkey

### Introduction

Mental health and substance use disorders because of certain illegal drugs can cause people with addition to experience one or more symptoms of a mental health problem. Mental health problems can sometimes leads to alcohol and drug use as some people with mental health problem may misuse this substance as a form of self-medication. Mental and substance use disorder share some underlying cause including changes in brain composition, genetic vulnerabilities and early exposure to stress. More than one in four adults living with serious mental health problems occur more frequently with certain mental health problems, including depression, anxiety disorder, schizophrenia, personality disorder. Substances use disorders can refer substance use or substance dependence. Symptoms of substance use disorder includes Behavior changes such as, Drop attendance and performance at work or collage Frequently getting trouble like fights, accidents, Engaging in secretive or suspicious work. These drugs can cause permanent mental illness- Depression cause Benzodiazepines, such as Xanax and Valium Psychostimulants, such as Ritalin, cocaine, Bipolar can cause by cannabis, alcohol, combination of mind- alternating drugs, Psychosis can cause by cannabis, Hallucinogens, opioids, including prescription drugs, psychostimulants such as methamphetamines and cocaine, Anxiety can cause by Alcohol, psychostimulants, opioids, such as heroine and prescription painkiller, Sedatives such as benzodiazepines, Delirium can cause by alcohol, benzodiazepines, opioids, Dementia can cause by alcohol, psychostimulants, Amnesia can cause by opioids, benzodiazepines and other sedative- hypnotics. In a person who becomes addicted, brain receptors become overwhelmed. The brain respond by producing less dopamine or eliminating dopamine receptors an- adaption similar to turning the volume down on a loud speaker when noise become too loud. People use drugs and drinking alcohol for lots of different reasons. By using drugs and alcohol may have a long term effect on you the possible long term effect include some reasons that are- Needing to take more to get the same effect, High blood pressure and strokes, Problems with your liver and pancreas, Development of certain cancers e.g. liver cancer, bowel cancer and mouth cancer, Difficulty obtaining or maintaining

### \*Corresponding author:

Anan Yaghmur, Department of pharmacy, University of Hacettepe, Turkey

 [yaghmur@gmail.com](mailto:yaghmur@gmail.com)**Citation:** Yaghmur A (2022) Drug Abuse in Mental Health. Am J Drug Deliv Ther Vol.9 No.1.4

an erection, Problems with orgasms, Difficulties becoming pregnant, Feeling like you must use the drug or alcohol. This is known as being dependent, Withdrawal symptoms including feeling sick, cold, sweaty or shaky when you don't take them, Having sudden mood changes, Having a negative outlook on life, Loss of motivation, Depression, Anxiety, Problems with relationships, Being secretive, Having episodes of drug-induced psychosis. If we use alcohol or drugs for a long term it can cause serious issue for your mental well-being drugs can make you more unwell and more likely an to try harm yourself or take your own life. There is a need for an all-inclusive approach that identifies both disorders, evaluates both disorders and at the same time treats both disorders. Many treatment centers now only treat one or the other. Substance abuse treatment are not recommended or designed to handle a mental illness and vice versa. Awareness about the problem needs to be made public, so that people know the signs to look for and how to approach the person about their disorder correctly. Patients also need to be aware of the help that is available to them and support groups like Dual recovery Anonymous.

### Acknowledgment

The authors are grateful to the journal editor and the anonymous reviewers for their helpful comments and suggestions.

### Declaration of Conflicting Interests

The authors declared no potential conflicts of interest for the research, authorship, and/or publication of this article.