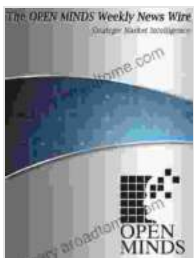


# Mental Illness and Addictive Disorders: A Silent Epidemic

Mental illness and addictive disorders are a major public health problem, accounting for 23% of all consumer years of disability. This means that these conditions are responsible for more years of disability than any other chronic disease, including cancer, heart disease, and diabetes.

The term "mental illness" refers to a wide range of conditions that affect a person's thinking, feeling, or behavior. Some of the most common mental illnesses include depression, anxiety, schizophrenia, and bipolar disorder.



## Mental Illness & Addictive Disorders Cause 23% Of All Consumer Years Of Disability Worldwide (OPEN MINDS Weekly News Wire Book 2024)

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Addictive disorders are characterized by compulsive use of a substance, despite negative consequences. Some of the most common

addictive disorders include alcohol use disorder, drug use disorder, and gambling disorder.

Mental illness and addictive disorders often co-occur. In fact, people with a mental illness are more likely to develop an addictive disorder, and people with an addictive disorder are more likely to develop a mental illness.

The causes of mental illness and addictive disorders are complex and not fully understood. However, there are a number of risk factors that can increase a person's chances of developing one of these conditions, including:

- **Genetics:** Mental illness and addictive disorders can run in families.
- **Trauma:** Experiencing trauma, such as abuse, neglect, or violence, can increase the risk of developing mental illness and addictive disorders.
- **Environmental factors:** Certain environmental factors, such as poverty, discrimination, and lack of access to healthcare, can also increase the risk of developing mental illness and addictive disorders.

The consequences of mental illness and addictive disorders can be devastating. These conditions can lead to:

- **Disability:** Mental illness and addictive disorders can make it difficult to hold a job, go to school, or maintain relationships.

- **Homelessness:** People with mental illness and addictive disorders are more likely to experience homelessness.
- **Suicide:** Mental illness and addictive disorders are major risk factors for suicide.

Fortunately, there are a number of effective treatments available for mental illness and addictive disorders. These treatments include:

- **Medication:** Medication can be used to treat the symptoms of mental illness and addictive disorders.
- **Therapy:** Therapy can help people with mental illness and addictive disorders learn how to manage their symptoms and live healthier lives.
- **Support groups:** Support groups can provide people with mental illness and addictive disorders with a sense of community and support.

If you or someone you know is struggling with mental illness or an addictive disorder, please seek help. There are many resources available to help you get the treatment you need.

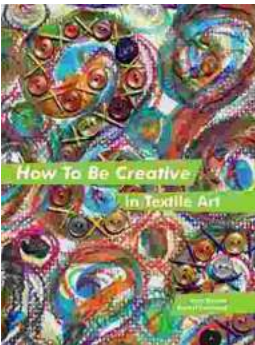
Mental illness and addictive disorders are a serious problem, but they are treatable. With the right treatment, people with these conditions can live healthy and fulfilling lives.

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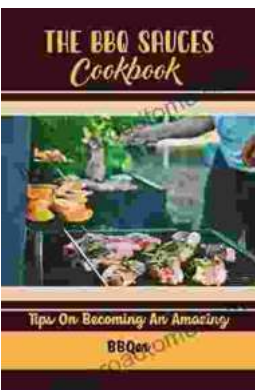


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