

## Dual Diagnosis Treatment Centers

If you or someone in your life is struggling with addiction as well as mental illness, this is referred to as dual diagnosis. This can be a very difficult situation for anyone to deal with. It is highly recommended that any individual who is living with this type of illness seek professional care immediately at dual diagnosis treatment centers. This will allow the patient to gain control of their lives, and begin the road to wellness.

If you, or someone in your life has both of these illnesses, it is important to know the following. In order to help in finding the best dual diagnosis treatment centers for optimal results:

1. It is not uncommon for a person with an addiction to suffer from some type of mental illness, such as depression or a bipolar affliction. These two will usually go hand in hand.
2. There are many combinations of this illness. For example, the addiction can be to drugs, gambling or a sexual addiction. This can be paired with a mental illness such as depression or anxiety. The possibilities when it comes to this combination are widely varied.
3. It is not easy to treat dual diagnosis. The exact cause of the illness is very difficult to pinpoint due to the drugs and/or the addiction. If a person is putting drugs into their bodies, it is hard for dual diagnosis treatment centers be able to know if the symptoms are from human behavior or the drugs. This is why it is imperative to have trained professionals to treat this illness.
4. Anyone that has a mental illness is much more likely to turn to an addiction to cope with this illness. If a person is already depressed, they are likely to use the drugs they have on hand to help them cope, and this just escalates the problem.
5. Patients that have dual diagnosis are at a high risk for suicide. The depression, coupled with drug abuse can totally take over a person's mind, and confuse them between doing the right and wrong things.
6. Any person that has been diagnosed as this type of patient is very likely to go back to doing what caused the addiction, even after attending dual diagnosis treatment centers. This is not an easy battle to stay on top of, and will definitely require a lot of patience and will power.
7. It is crucial that effective dual diagnosis treatment centers take the best approach for each individual. The best results have been shown when treating both illnesses in a patient at the same facility to gain the most effective treatment.
8. This type of treatment is likely to take much longer than a person who may just have one illness. Working to get the individual off of the addiction, and then additionally to be able to improve the mental health is a huge task. This will require much time and effort on the patient's part.

Professional care given by individuals that have the expertise, and training in this area of addiction and mental illness is the only solution to resolving this problem. As stated above, there are no quick fixes when it comes to a dual diagnosis. This is a serious

problem, that must be handled by medical experts who have the training and education to do so. The road to recovery is very likely to be a long one, but the rewards of being addiction free and in a better mental state are imperative for any decent quality of life. Treatment, patience and will power are the paving stones to success with this illness.