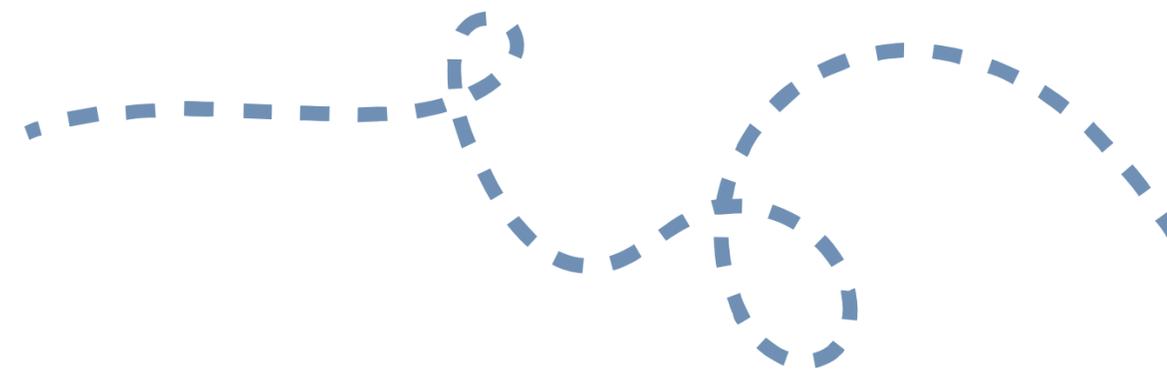


SUBSTANCE ABUSE AND MENTAL HEALTH



ICE BREAKER

Name, pronouns, and if you could be best friends with any fictional character, who would it be and why?

SUBSTANCE ABUSE



Substance abuse (Substance Abuse Disorder) is defined as the excessive use of drugs that can be detrimental to self, society, or both. This can be caused from various factors including psychological, biological, socio-cultural, and environmental factors. College represents a time where individuals are more vulnerable to exposure of a variety of illicit and prescribed substances. Unfortunately, college students make up one of the largest populations of drug abusers and are at heightened risk of addiction.

RELATIONSHIP BETWEEN SUBSTANCE ABUSE AND MENTAL HEALTH

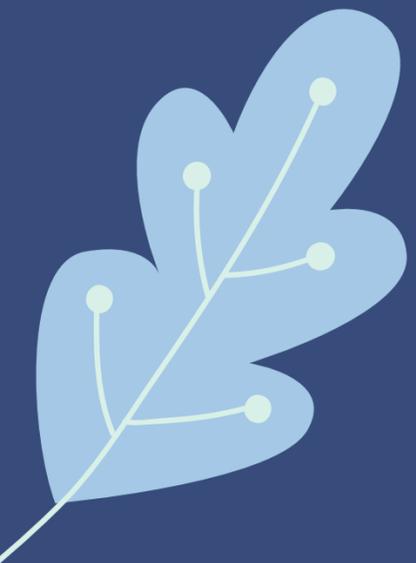
It is important to note that mental health disorders could lead to substance abuse, while conversely, substance abuse can also trigger various mental health disorders. The two are very interconnected, as substance abuse disorders and other mental disorders can be caused by overlapping factors. This ranges from genetic vulnerabilities in certain brain regions, along with early exposure to stress or trauma. People dealing with mental health struggles often turn to substances to cope with their life obstacles, but this is by no means healthy and perpetuates the cycle.

DISCUSSION QUESTION

What are some healthy coping mechanisms that you like to implement when you're undergoing a stressful period in your life?

STIGMA AROUND SUBSTANCE ABUSE AND MENTAL HEALTH

Like many other mental health struggles, there is a huge stigma surrounding substance abuse, which can make it hard to ask for help. This stigma creates barriers for seeking help, as people can avoid seeking help because they fear judgement. This only leads to further negative outcomes. It's important to reach out for help if your mental health is being impacted by substance abuse.



DISCUSSION QUESTION

How can we address stigma surrounding substance use disorder in our communities and promote understanding and acceptance instead?

TREATMENT OVERLAP

Common Treatments for Substance abuse often overlap with mental health treatments. Cognitive behavioral therapy (CBT) is a common approach used for anxiety, PTSD and other disorders, but also has shown to have positive impacts for this suffering from substance abuse issues.

OFFERING SUPPORT

If you know someone in yourself struggling with substance abuse or the mental health consequences of mental health, here are

ways you can help:

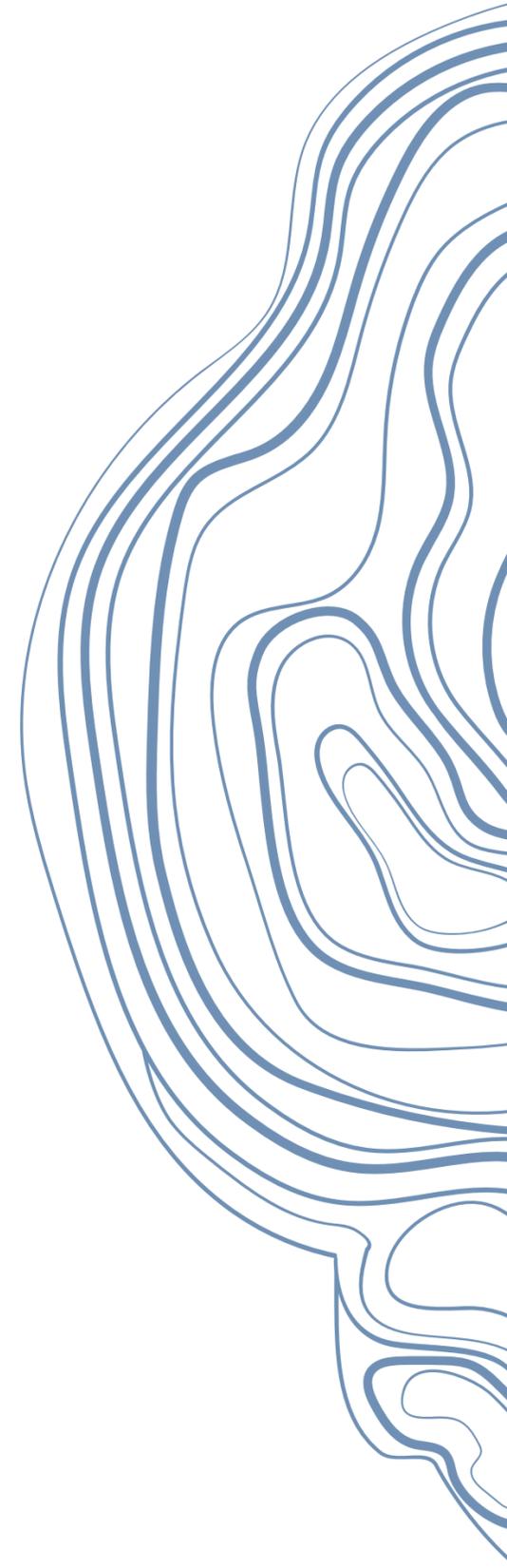
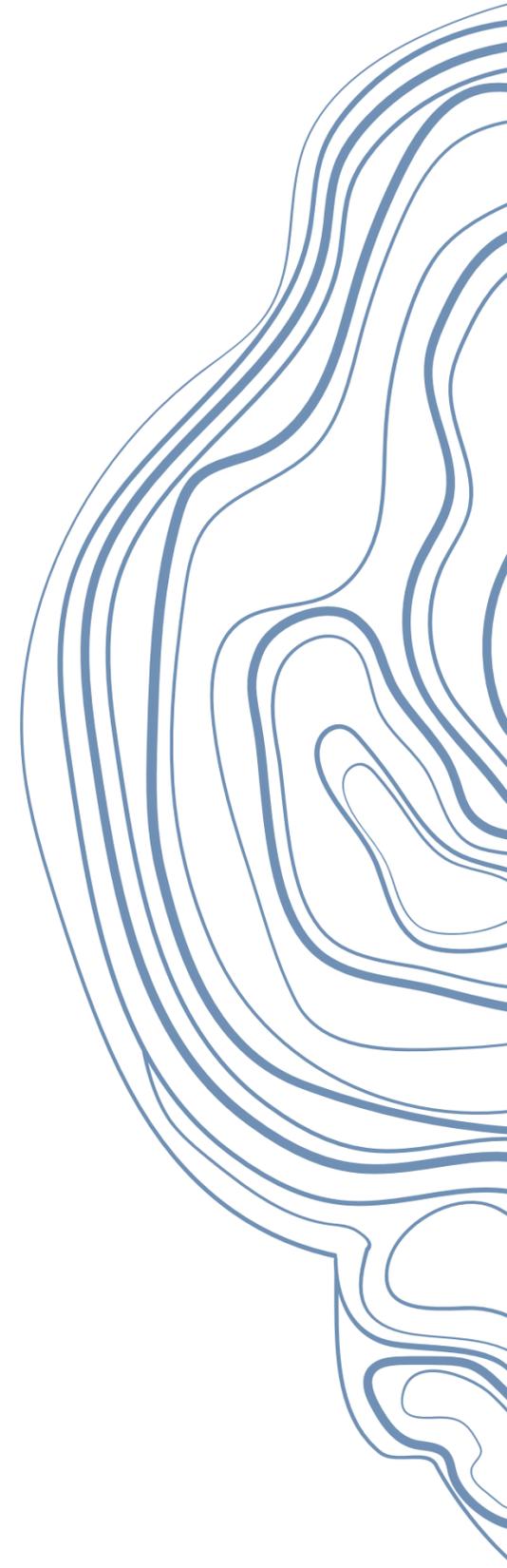
- Educate yourself
- Offer non-judgements Support
- Help them Seek professional help

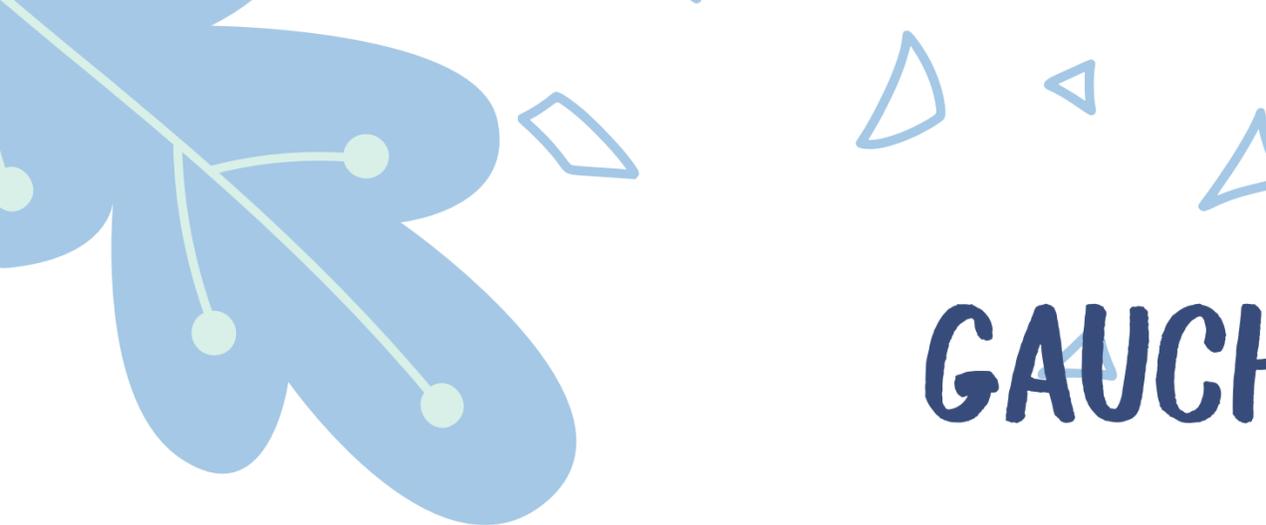
THE EFFECTS OF ADDICTION ON FAMILY AND FRIENDS

Substance abuse can also impact the mental health of individuals surrounding the person struggling with substance abuse. If you are struggling with these impacts, it's just as important to reach out for help!



**WHAT ARE SOME WAYS THAT YOU CAN
HELP SOMEONE STRUGGLING WITH
SUBSTANCE ABUSE AND OR MENTAL
HEALTH?**



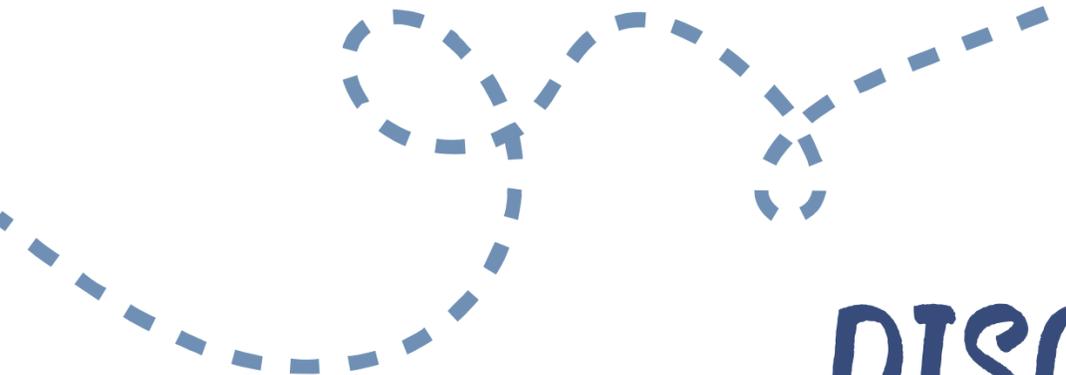


GAUCHOS FOR RECOVERY

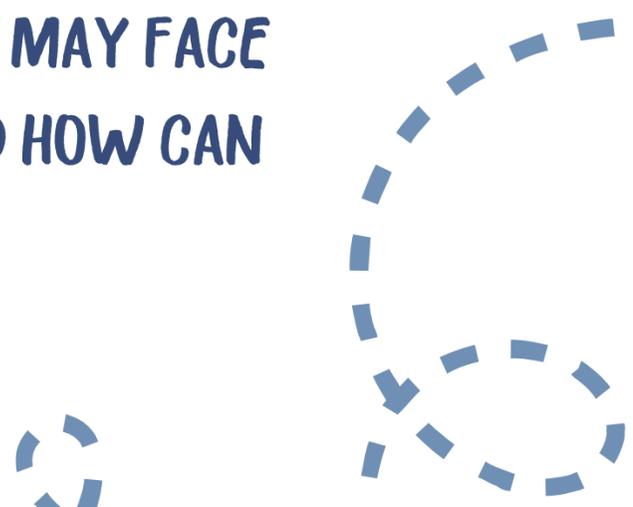
UCSB's Gauchos for Recovery supports students and members within our community in all stages of recovery. If you or someone you know is struggling with substance abuse issues, don't be scared to ask for help!! There is so much support all around campus.

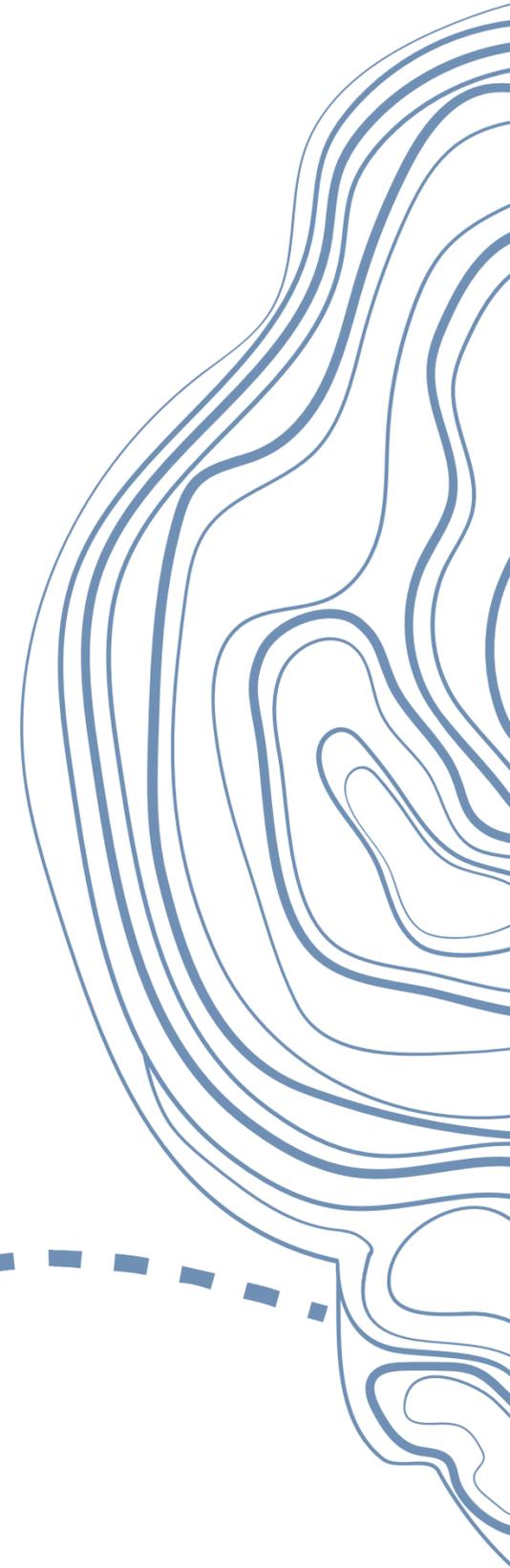
Resources:

- Community of Supportive Peers
 - Recovery Oriented Meetings & Events
 - Recovery friendly space
 - Professional Support
- 
- 



DISCUSS AMONGST YOURSELVES

- WHAT ROLE DOES EMPATHY PLAY IN SUPPORTING SOMEONE WITH SUBSTANCE USE DISORDER, AND HOW CAN WE CULTIVATE EMPATHY IN OURSELVES AND OTHERS?
 - HOW CAN WE CREATE A SAFE AND NON-JUDGMENTAL SPACE FOR INDIVIDUALS STRUGGLING WITH SUBSTANCE USE DISORDER TO SEEK HELP?
 - WHAT ARE SOME POTENTIAL CHALLENGES OR BARRIERS INDIVIDUALS WITH SUBSTANCE USE DISORDER MAY FACE IN ACCESSING TREATMENT OR SUPPORT, AND HOW CAN WE HELP OVERCOME THEM?
- 





Thank You

