



Can I Treat My Mental Health Issues During My Addiction Rehab In Kentucky

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Admitting you have a problem with addiction then seeking treatment for it requires a lot of courage. One of the barriers to receiving appropriate addiction treatment is anxiety over an underlying mental health condition. Issues such as depression, anxiety, or bipolar disorder can contribute to your addiction, making it worse so they also need to be dealt with in rehab.

If you are wondering whether rehab facilities in Kentucky can provide treatment for mental issues, then you'll be happy to learn that they do. Here at the [Robert Alexander Center for Recovery](#), we believe in offering holistic addiction treatment that is why our [addiction treatment programs](#) are designed to address both the mental and physical aspects of addiction.

How Substance Abuse is Connected to Mental Health Issues

The correlation between substance abuse and [mental health challenges](#) is well studied and documented. For years now, we've known that having a mental health condition such as depression or anxiety can lead to substance abuse or can worsen an addiction.

Unfortunately, there is still stigma attached to having a mental health condition and this makes individuals hesitant to seek treatment. Sometimes, those facing mental health problems have undergone treatment but found it ineffective. When this happens, people might turn to drugs or alcohol to ease some of their pain and find relief, only to end up hooked on using drugs or drinking.

The more they try to self-medicate, the worse the addiction becomes, trapping them in a vicious cycle that is hard to break.

Rehab in Kentucky can Help with Mental Health Treatment

When an individual is diagnosed with a form of mental illness along with addiction, it is referred to as a dual diagnosis. Like other rehabs, we are aware of this and that is why we provide a team of addiction treatment specialists who know how to address underlying mental health conditions as well as addiction.

Once admitted to our rehab facility in Kentucky, you'll undergo a thorough assessment. This will enable our team of psychologists, therapists, psychiatrists, and physicians to craft an individualized treatment plan based on your condition and symptoms. So whether you're admitted to our [Intensive Outpatient Program for alcohol addiction](#) or our [Outpatient Drug Treatment Program](#), your mental health needs will be addressed.

Our treatment professionals will help you process what is behind the mental health issue, allowing you to fully heal and move forward with your recovery journey.

Take the First Addiction Rehab Step Today

Addressing any mental health issues you have while undergoing drug or alcohol addiction treatment can unlock the path to long-lasting recovery. If you're ready to talk to someone about your addiction, our helpline is open 24 hours a day. [Call us today](#) at (502) 443-9950 and let us help you turn your life around.

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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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