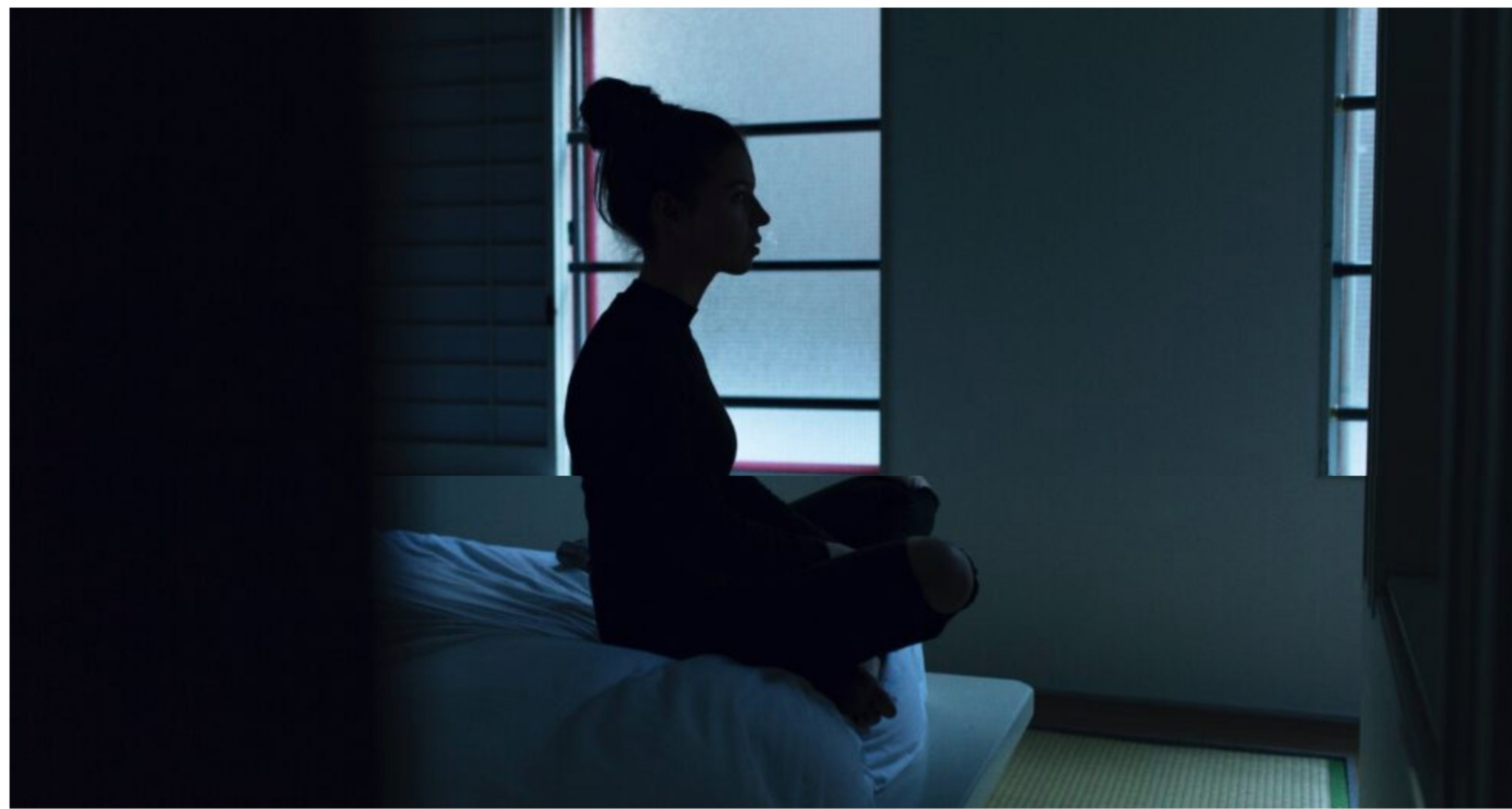


Investigating the Mental Health Risks of Substance Abuse Among College Students

by Robert Alexander Center | Sep 16, 2023 | Blog



Substance abuse has become an increasingly pressing problem among college students. Recent research indicates that alcohol and drugs can have serious implications for the mental health of college students who consume them – including higher rates of depression, anxiety, and self-harm.

We will investigate this issue in greater detail by exploring the correlations between substance use and mental health risks faced by college students. We will also address some common misunderstandings about alcohol and drug use while discussing what practical steps we can take to help those struggling with addiction on campus.

Our mission is to gain insight into this growing phenomenon so that we can provide critical [resources and support](#) for people dealing with substance abuse issues.

Defining Substance Abuse and Mental Health Risks

Substance abuse is a term that covers a wide range of behaviors and substances. It can refer to the use of illegal drugs, prescription medications, or even alcohol. However, the consequences of substance abuse can be severe, causing a ripple effect throughout many areas of an individual's life.

Beyond the immediate physical and mental health risks of substance abuse, it can also lead to:

- social isolation
- financial strain
- legal problems

Additionally, those who struggle with substance abuse may also be at an increased risk of developing mental health conditions such as:

- anxiety
- depression
- bipolar disorder

It is essential to recognize the potential risks associated with substance abuse and to [seek help](#) when necessary to ensure the health and well-being of yourself or those around you.

Prevalence of Substance Abuse Among College Students

College is a prime time for students to explore new experiences, make lifelong connections, and cultivate a passion for learning. However, for some students, the pressure to succeed can lead to an increased risk of substance abuse.

In fact, studies have shown that substance abuse is prevalent among college students, with alcohol being the most commonly abused substance. Other substances, such as marijuana and prescription drugs, also pose a threat to the health and well-being of college students.

It is important for universities to provide resources and support for students struggling with substance abuse in order to promote a safe and healthy campus community.

Impact of Substance Abuse on Cognitive Functioning

The use of substances like alcohol, opioids, and marijuana can cause a significant decline in different cognitive domains, including:

- memory
- attention
- executive functioning

Substance abuse can lead to a wide range of impacts, including increased mental health issues, financial expenses, and decreased academic and job performance. Although substance abuse may seem appealing in the short term, its long-lasting and destructive consequences cannot be overstated.

Strategies to Help College Students Who are Struggling with Substance Abuse

Going to college is an exciting time of life, but it can also come with unique challenges, one of which is substance abuse. For some students, the newfound freedom, academic pressure, and social environment make them more susceptible to drug or alcohol abuse. Thankfully, there are strategies that can help college students who are struggling with substance abuse.

First, having an open and honest conversation with the student about the risks and negative consequences of drug use can help them understand the seriousness of the issue. Additionally, connecting them with on-campus resources such as counseling services and support groups can provide them with the help and guidance they need to overcome their addiction.

With the [right support and interventions](#), college students struggling with substance abuse can lead healthy and successful lives both academically and personally.

Tips for Prevention and Early Intervention of Mental Health Risks Associated with Substance Use

Some helpful tips include practicing healthy habits, such as proper nutrition and exercise, to reduce stress levels and promote emotional well-being. It is also important to seek support from family, friends, or professionals whenever necessary, as talking about one's struggles can provide relief and prevent the development of more severe mental health issues.

In addition, monitoring and managing substance use is crucial, as it can quickly spiral out of control and worsen existing mental health conditions. Remember, early intervention can make all the difference in maintaining a healthy and happy life.

Contact Robert Alexander Center for Recovery Today

It is important to recognize that while we are not powerless in combating this issue, it is also essential to be aware of how significantly addiction can alter a person's life. At the [Robert Alexander Findlay Center for Recovery](#), every effort is made to provide a safe and supportive environment for those seeking help from substance abuse. W

With access to quality treatment and recovery options, individuals can pursue their full potential and lead meaningful lives free from addiction. Everyone has worth and value – no matter where they may be on their journey. If you or someone you know is struggling with substance abuse issues, [contact the Robert Alexander Findlay Center for Recovery today](#) – we are here to help!



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.

Site Map

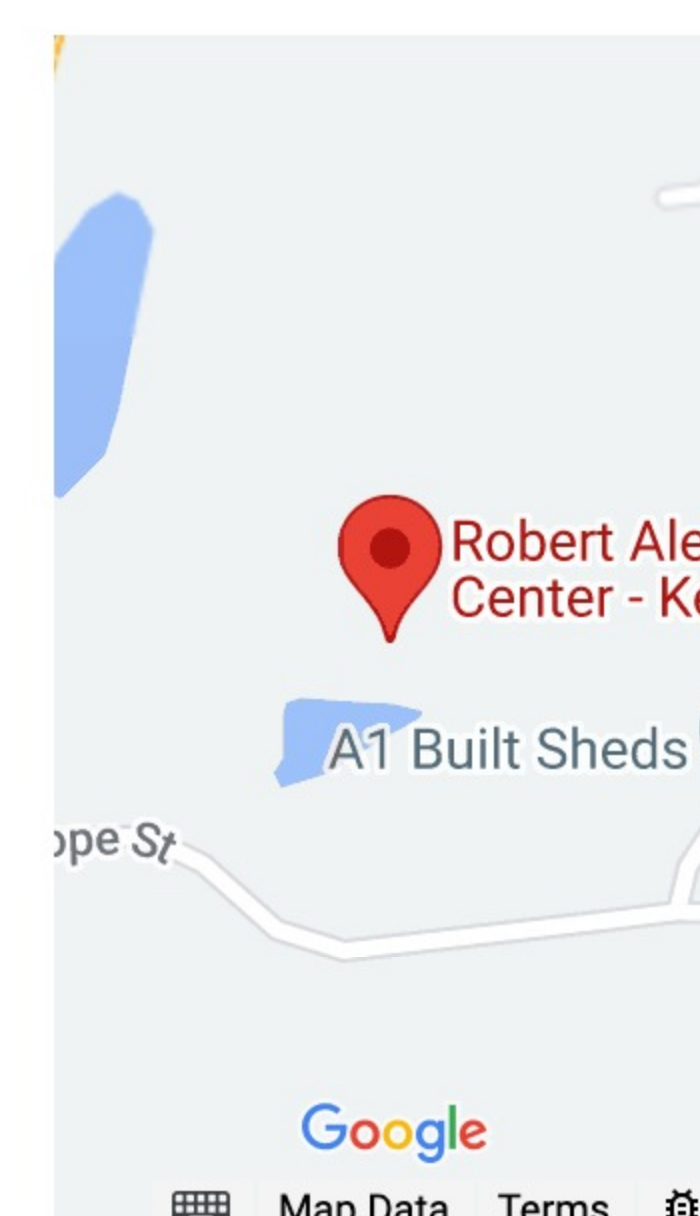
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

Get In Touch

130 Hope Street
Mount Washington,
Kentucky 40047



Addictions

- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzo Addiction](#)
- [Cocaine Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

About

- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

Who We Help

- [Men](#)
- [Women](#)
- [Professionals](#)
- [LGBTQIA+](#)
- [College Students](#)

Treatment Programs

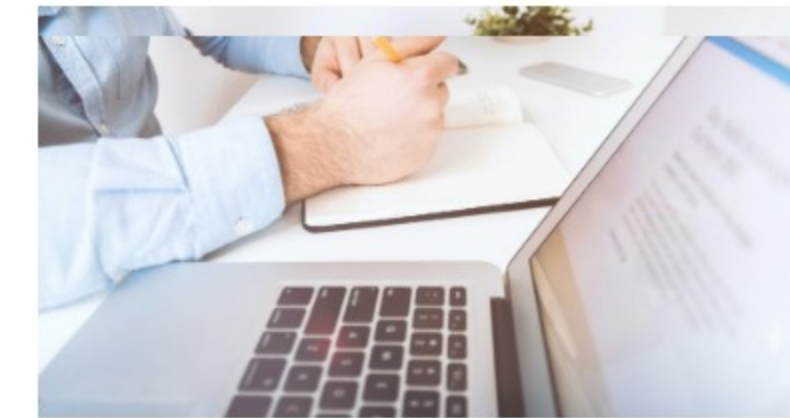
- [30 Day Drug Rehab Program](#)
- [60 Day Drug Rehab Program](#)
- [90 Day Drug Rehab Program](#)

 Search


[Residential vs PHP Rehab: Tailoring Drug Treatment to Your Needs](#)



[MAT in Different Stages of Recovery: From Drug Detox to Maintenance](#)



[What You Can Anticipate in Your Initial Evaluation for Drug and Alcohol Rehabilitation](#)



[Choosing the Right LGBTQIA+ Inclusive Addiction Treatment Center: What to Consider](#)



[Navigating Insurance Options for Addiction Treatment: Key Factors to Consider](#)

Key Resources

- Home
- Tour
- Treatment
 - [Detox](#)
 - [Residential](#)
 - [Partial Hospitalization](#)
 - [Intensive Outpatient](#)
 - [Outpatient](#)
 - [Family Program](#)
 - [Aftercare Program](#)
- Reviews
- About
- Admissions