



## **Second Chances of Gadsden Suggests Outside Factors May Trigger Self-Destructive Behavior**

*June 05, 2019*

June 05, 2019 - PRESSADVANTAGE -

Research shows that self-destructive behavior can often be followed by economic disaster, unemployment, divorce and grief. Researchers examined self-destruction (which largely means drug overdoses) and found that often addiction and overdoses occur after a person has experienced personal trauma of some sort.

Second Chances of Gadsden states, "Research highlights the potential importance of economic factors, so providing advice for unemployment, housing and financial problems is likely to be helpful. But improving access to services and tackling alcohol and drug misuse could have a big impact, too.?"

A survey was released that showed 17% of unemployed workers had a substance abuse disorder last year, whereas 9% of full-time workers did so. The numbers are self-reported, and therefore, could be even higher in reality. Substance dependence is defined by several factors, including having withdrawals, repeatedly using a substance over the course of one month and witnessing related adverse effects at home, work or school. Addictions to alcohol, illegal drugs and misused prescription drugs are all included.

Second Chances of Gadsden asks, "Are people unemployed because of their drug and alcohol use? Or do

long bouts of unemployment lead people to substance abuse?? There has been some evidence that addiction is often linked to substance abuse resulting from unemployment.

As people become unemployed, they're faced with competing challenges, Second Chances of Gadsden says, "On one hand, their income falls and they're less able to afford alcohol or drugs. But at the same time, they're faced with more idle time to fill with recreational activities that create a false sense of euphoria."

Unemployment and financial downturns are not the only factors that can lead to addiction. Grief can be an overwhelming feeling. It can last days, weeks, months, or even years. Grief can be a reaction to the death of a loved one, a relationship, or any other meaningful situation in one's life. Grief can cause anger, frustration, depression, and anxiety. Many people tend to naturally attempt to avoid this pain. Everyone deals with their grief differently. Some people move away or change jobs; others might cry. Some may be unable to express how they feel, while others lash out at those around them. Others may turn to drugs and alcohol as a way to cope.

There are many ways grief can lead to addiction. Untouched emotions can cause people to use drugs and alcohol in order to forget and ignore. Using these substances can then become a crutch that turns into addiction. Unfortunately, alcohol is a depressant and can make one feel worse after using it. It can create more negative feelings including depression, anxiety, stress, guilt, shame, and even health issues. Second Chances of Gadsden warns, "A physical and psychological addiction can develop from using drugs and alcohol to escape grief."

Addiction doesn't have to be the end result of economic down turns, job loss or grief. Pain and loss are a normal part of life and there are healthy ways to deal with this pain. Alcohol and drugs only ever provide momentarily relief, but their risks are far greater.

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For more information about Second Chances of Gadsden, contact the company here: [SecondChancesofGadsden.com](http://SecondChancesofGadsden.com)  
256-952-9688 Gadsden, AL 35903

## **Second Chances of Gadsden**

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Phone: 256-952-9688

