

Prince Harry Shares His Story of Trauma Substance Abuse and Healing Helping Addiction Treatment Centers Like Muse in Los Angeles Reach More People in Need

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Los Angeles, CA ? Prince Harry?s openness about using alcohol to cope with grief has been an essential source of support for the millions of people who share his struggles. Harry?s honesty has opened the door to treatment as an option they might not have considered before and is especially timely during PTSD (Post Traumatic Stress Disorder) Awareness Month.

It?s been several years since Harry first disclosed the damaging ways he tried to work through his grief after the death of his mother, Princess Diana, when he was only 12 years old. He?s spoken more about his personal experience since he and his wife, Meghan Markle, withdrew from their positions as senior members of the royal family. The couple discussed their strained relationship with other members of the family in a widely seen television interview with Oprah Winfrey. Now, Harry has opened up in even more detail about his personal grief in a documentary series he co-produced with Oprah.

?I was willing to drink, I was willing to take drugs, willing to try and do the things that made me feel less like I was feeling,? Harry says in *The Me You Can?t See*, a TV documentary series about mental health that he and Oprah Winfrey co-produced. In it, he describes his difficulties dealing with the trauma of losing his mother and the unhealthy coping mechanisms he developed before finding more productive ways to work through his grief.

Harry?s experience is a common one for many people dealing with the lasting effects of trauma and loss. Many who struggle with PTSD also are contending with substance abuse, which can develop as a coping mechanism to get through their trauma.

About 8% of the population suffers from at least one incidence of PTSD, according to the National Center for PTSD, which seeks to increase awareness of PTSD each year in June. PTSD affects people who've survived many forms of trauma, including sexual abuse, serious accidents, natural disasters or any trauma that causes a significant disruption in their life.

In addition, studies have found that nearly half of those with PTSD also struggle with a substance use disorder. Yet, while almost 9 million American adults have co-occurring disorders, fewer than 8% receive treatment for both conditions. Even more shocking, more than half receive no therapy whatsoever, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). That's why Prince Harry's honesty has been such a valuable inspiration for those who share his experience.

It's important to realize that substance abuse may not be the primary disorder requiring treatment. Substance abuse may only be a symptom of a greater problem of depression, anxiety, PTSD, or other mental health condition. Muse approaches co-occurring disorders – also known as dual diagnosis – as a combined condition rather than treating the substance disorder alone. It may be the more obvious of the two, but Muse believes that if only substance abuse is treated and the depression remains, the client may end up in relapse because the underlying cause of the substance disorder has not been treated.

Muse offers an extensive treatment program for dual-diagnosis, beginning with detox to cleanse the body of chemical substances. This is followed by rehabilitation treatment, which includes counseling and multiple forms of therapy, depending on the client's individual needs. Follow-up care continues after formal treatment ends because Muse understands that real recovery is a long-term undertaking.

Muse Treatment offers comprehensive treatment of alcohol dependence and other substance use disorders. For help or more information, call 800-426-1818 or go to www.musetreatment.com.

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For more information about Muse Treatment, contact the company here: Muse Treatment David Rofofsky (800) 426-1818 info@musetreatment.com 1251 Westwood Blvd, Los Angeles, CA 90024

Muse Treatment

Muse Treatment is the #1 addiction treatment center in Los Angeles, California for alcohol, prescription and drug rehab as well as detox.

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