



## Local Rehab Warns of Alcohol's Impact on Mood Disorders

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Millions of people across the country experience bipolar disorder. Despite this, Arizona-based rehab center Pinnacle Peak Recovery has seen the impact alcohol can have on this mental health condition. As a dedicated substance use and mental health recovery facility, Pinnacle Peak understands how alcohol and mental health can interact. They shared their knowledge in a recent article dedicated to discussing the relationship between bipolar disorder and alcohol consumption.

To start off the piece, Pinnacle Peak points out the shocking statistic that ties both alcohol use and bipolar disorder together. "... as much as 48% of Americans with bipolar disorder also have AUD. One of the reasons that people with bipolar disorder develop AUD is that they are attempting to self-medicate or cope with symptoms by drinking alcohol. Alcohol can help to numb intense feelings in the short term, but in the long term, alcohol is likely to worsen symptoms of bipolar disorder, like depression and mania, and create a vicious cycle.?

This is not the only reason for the connection between bipolar disorder and alcohol use, however, and the local rehab center understands that. Their article continues on to highlight other common reasons someone

with bipolar disorder might drink, such as different states of mind leading to changes in decision making, and more.

The article continues on into a new section, which discusses the overlap in symptoms between bipolar disorder and alcohol use disorder. When two conditions share similar symptoms, people may be more likely to misunderstand what they're experiencing, contributing symptoms to one condition only instead of two. Pinnacle Peak Recovery aims to alleviate this so readers are able to get access to the help they need and deserve.

Further educating readers, Pinnacle Peak next turns its attention to the true impact of having both an alcohol use disorder and a bipolar disorder. While someone who is experiencing co-occurring AUD and bipolar disorder may believe that their symptoms are more tolerable when they drink, the truth is that alcohol use often worsens the very same symptoms that they are trying to treat. When drinking in a manic state, this can look like increasingly erratic behavior, or even some psychotic symptoms, like delusions.

Mixing alcohol with bipolar medication can be extremely dangerous and is never recommended, the article continues. Both alcohol and bipolar medications impact the central nervous system and therefore can create severe negative reactions and even impairments. One of the major concerns about mixing alcohol and bipolar medication is that doing so can reduce the effectiveness of the medication and lead to a relapse in symptoms of the disorder.

To finish up the piece, Pinnacle Peak Recovery explains what options readers have for seeking healing from both alcohol use disorders and bipolar disorder. Readers who wish to learn more can find the article linked above.

For those seeking healing from substance use, untreated mental health conditions, or any combination of the two, Pinnacle Peak Recovery has options available for you. This Arizona-based rehab center utilizes evidence-based approaches to find the right options for everyone who walks through their doors. Their staff is highly trained and seeks to treat every client with respect and care, fostering a family feel in their facility and community. To learn more or to get information on their rehabilitation center, please contact them at (866) 954-0524 or [info@pinnaclepeakrecovery.com](mailto:info@pinnaclepeakrecovery.com). They are located at 8070 E Morgan Trail Unit 200, Scottsdale, AZ 85258.

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For more information about Pinnacle Peak Recovery, contact the company here: Pinnacle Peak Recovery Tyler Tisdale 480-750-1200 [info@pinnaclepeakrecovery.com](mailto:info@pinnaclepeakrecovery.com) 8070 E Morgan Trail Unit 200 Scottsdale, AZ 85258

## **Pinnacle Peak Recovery**

*Pinnacle Peak Recovery is a residential and intensive outpatient addiction treatment facility located in Scottsdale, Arizona. We offer nationally recognized, evidence-based treatment options for those needing drug rehab services.*

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