# Arizona Treatment Center Raises Alarm on Overlooked Connection Between Bipolar Disorder and Alcohol Use

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SCOTTSDALE, AZ - November 06, 2025 -
Living with bipolar disorder can be overwhelming on its own. Add alcohol use into the mix, and the challenges can multiply quickly. To help shed light on this often-overlooked connection, Pinnacle Peak Recovery, a leading treatment center in Scottsdale, Arizona, has released a new blog titled "Living with Bipolar Disorder and Alcohol Use Disorder". The piece explores how the two conditions often overlap, why alcohol can make symptoms worse, and what kind of treatment can help people regain balance in their lives.

According to the blog, nearly half of people living with bipolar disorder also struggle with alcohol use disorder (AUD). This overlap can happen for many reasons, but one of the most common is self-medication. ?One of the reasons that people with bipolar disorder develop AUD is because they are attempting to self-medicate or cope with symptoms by drinking alcohol,? the blog explains. ?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.?

Arizona currently ranks 47th in the nation for access to mental healthcare, making it even harder for people living with complex mental health conditions to get the support they need. Without proper treatment, bipolar

disorder can lead to risky behavior, sudden life changes, or deep periods of depression. When alcohol becomes a coping mechanism, those highs and lows often grow more intense, leaving individuals and their families feeling trapped in an exhausting cycle.

The blog breaks down what bipolar symptoms can look like: mania, hypomania, and depression. It also discusses how alcohol use can make each one worse. Someone in a manic state might act impulsively, party more often, or take bigger risks, while someone in a depressive phase may withdraw and use alcohol to numb emotional pain. What may feel like temporary relief often leads to deeper instability and long-term harm.

Pinnacle Peak Recovery also highlights the dangers of mixing alcohol with bipolar medications, such as lithium, anticonvulsants, and antipsychotics. ?Mixing alcohol with bipolar medication can be extremely dangerous, and is never recommended,? the blog states. Both alcohol and these medications affect the central nervous system, and together they can cause side effects like dizziness, fatigue, confusion, or even serious damage to the liver and kidneys over time.

That?s why dual-diagnosis treatment, or addressing both conditions at the same time, is so important. At Pinnacle Peak Recovery, clients receive care that combines proven therapies like Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) with supportive, real-world guidance. These approaches help people recognize how their thoughts and feelings influence their actions, build healthy coping skills, and learn to regulate emotions without turning to substances.

The Scottsdale-based center also recognizes that recovery doesn?t just affect one person; it impacts entire families. ?We are proud to provide nationally recognized, evidence-based treatment options so that we ensure clients have a full continuum of care and we can meet each person?s individual needs,? the blog explains. Family therapy is a cornerstone of that process, helping loved ones understand bipolar disorder and rebuild trust and connection through the recovery journey.

Pinnacle Peak Recovery?s treatment model centers on one idea: healing should feel both professional and personal. Their multidisciplinary team includes psychiatrists, medical doctors, nurses, and master?s-level therapists who provide support every step of the way. Clients are treated with compassion, dignity, and respect?because recovery isn?t just about getting sober or stabilizing symptoms; it?s about finding joy and purpose again.

For those interested in learning more about enrollment or programming, call 866-377-4761.

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## 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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