

How Does A Psychiatrist Help An Addict?

by Evolve Indy | May 18, 2022 | Blog | 0 comments



When someone is addicted to drugs or alcohol, their life can quickly spiral out of control. When the addiction takes over, they become a slave to the substance. They could lose their job, their relationships could suffer, and they could even lose their life. If you or someone you love is struggling with addiction, it is important to get help right away. One of the best ways to get help is to see a psychiatrist.

Withdrawal Often Makes It Difficult Or Impossible To Stop Using On Your Own

If you are addicted to drugs or alcohol, then you know how difficult it can be to quit. You may have tried to quit on your own many times but, always end up going back to using. This is because when you try to quit on your own, you are likely going through withdrawal. Withdrawal is when your body is trying to adjust to not having the drug or alcohol in your system. Withdrawal can cause a variety of symptoms, including:

- Anxiety
- Depression
- Irritability
- Mood swings
- Insomnia
- Fatigue
- Muscle aches and pains
- Headaches
- Nausea
- Sweating

As you can see, withdrawal can be extremely difficult to deal with. This is why it is so important to get [help from a psychiatrist](#). A psychiatrist can prescribe medication that will help you through withdrawal and make it easier for you to quit using.

A Psychiatrist Can Help You Understand Your Addiction

If you are struggling with addiction, you will likely not fully understand your addiction. A psychiatrist can help you understand your addiction and how it is affecting your life. They can also help you understand the root cause of your addiction. This is important because understanding the root cause of your addiction can help you find other ways to cope with whatever is causing you to turn to drugs or alcohol.

A psychiatrist can also help you understand your triggers. A trigger is anything that causes you to want to use drugs or alcohol. Common triggers include:

- Stress
- Anxiety
- Depression
- Anger
- Boredom
- Loneliness

Once you understand your triggers, you can start to work on avoiding them. This is an important part of recovery and can help you stay sober in the long run.

A Psychiatrist Can Help You Develop A Treatment Plan

If you are struggling with addiction, it is important to develop a treatment plan. A treatment plan is a plan that outlines the steps you need to take to recover from your addiction. A psychiatrist can help you develop a treatment plan tailored to your specific needs. This is important because every addiction is different, and everyone recovers differently.

A treatment plan may include:

- Detoxification
- Therapy
- Medication
- Support groups
- Relapse prevention

Each of these components is important in recovery. A psychiatrist can help you understand each component and how it can help you recover from your addiction. Whether you require [partial hospitalization](#) care, an [intensive outpatient program](#), or an [outpatient program](#) a psychiatrist can help you understand the best treatment plan for your circumstance.

Reach Out To The Professionals

If you, or someone you love, are struggling with addiction, it is important to seek help right away. A psychiatrist can be a valuable member of your treatment team and can help you in several ways. If you are ready to get help, [contact Evolve Indy](#) today. We offer various treatment options that can be customized to meet your unique needs. We also have a team of experienced and compassionate staff members who are here to support you every step of the way.

Submit a Comment

You must be [logged in](#) to post a comment.

 Search

Recent Posts

[Prioritizing Self-Care While Fulfilling Family and Work Demands in Addiction Rehab](#)

[Maintaining Accountability and Responsibility in Addiction Recovery](#)

[How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders](#)

[Providing Guidance for Family Members in Drug Rehab's Codependency Context](#)

[Rediscovering Oneself in Alcohol and Drug Rehabilitation](#)

[Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey](#)

[How Professionals Can Effectively Navigate Addiction Treatment](#)

[Battling Demons: Confronting Mental Health in Alcohol and Drug Rehabilitation](#)

[Finding Hope and Healing With an Adventure Program for Addiction Treatment](#)

[8 Steps to Long Term Sobriety and A Life Beyond Rehab for Opiates](#)



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

Site Map

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



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Our Facilities

[Clinical Campus](#)

[Men's Housing](#)

[Women's Housing](#)

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

What We Treat

[Alcohol](#)

[Opioids](#)

[Cocaine](#)

[Heroin](#)

Who We Help

[Men](#)

[Women](#)

[LGBTQ](#)

[Professionals](#)

[First Responders](#)

[College Students](#)

Areas We Serve

[Bloomington, IN](#)

[Jefferson, IN](#)

[Noblesville, IN](#)

[Terre Haute, IN](#)

[Layette, IN](#)

[Kokomo, IN](#)

[Evansville, IN](#)

[Cincinnati, OH](#)

[Louisville, KY](#)