

## Treatment for the Psychological Effects of Meth Addiction

by Evolve Indy | Apr 8, 2023 | Blog



Methamphetamine, popularly referred to as meth, is a highly addictive stimulant drug that can change the brain's function and chemistry. When taken, meth leads to high levels of dopamine in the brain and eventually overrides the brain's ability to produce this hormone. Over time, individuals who take meth develop tolerance needing more of the drug to get the same euphoric high and become dependent on it to experience any joy or pleasure.



### The Psychological Effects of Meth Addiction

Those struggling with [meth addiction](#) may already be dealing with mental health diagnoses or symptoms, leading them to self-medicate with the drug to try and cope. Alternatively, meth use may end up causing mental health issues. This psychological side of meth addiction can be very challenging to overcome.

Some of the short-term psychological effects of meth use include:

- Paranoia
- Hallucinations
- Insomnia
- Anxiety
- Irritability
- Talkativeness
- hyperactivity
- Increased attention and wakefulness
- Psychotic behavior, e.g., losing touch with reality

Long-term repeated meth use eventually decreases important neurotransmitters and changes the brain's structure. This may lead to other symptoms, including mood disturbances, violent behavior, and psychotic symptoms, such as delusions, paranoia, and auditory and visual hallucinations.

### Meth Addiction Treatments at Evolve Indy

If you or a loved one is struggling with the psychological symptoms of meth addiction, it's time to ask for help. At [Evolve Indy](#), we offer several levels of care for patients dealing with meth addiction in Indiana and beyond.

The treatment options for those dealing with the psychological side of meth addiction include the following:

#### Behavioral Therapies

Behavioral therapies such as cognitive behavioral therapy (CBT) help individuals with meth addiction to identify the negative thought and behavior patterns that lead to addiction and replace them with more positive, healthier ones.

#### Medication Treatment

While there isn't any specific medication designated to treat meth addiction, several medications can be used to manage the co-occurring mental health disorders that commonly accompany the addiction. This may include antidepressants, anti-anxiety medication, or antipsychotics.

#### Rehab Treatment Programs

At Evolve Indy, we provide a full spectrum of services to help those dealing with meth addiction.

This includes addiction treatment programs such as inpatient treatment, [partial hospitalization](#), [intensive outpatient treatment](#), and [outpatient treatment programs](#). These are designed to treat both the psychological and physical symptoms of meth addiction. We also offer dual diagnosis treatment for patients dealing with co-occurring mental health disorders.

At [Evolve Indy](#), we also offer a [family therapy program](#) that encourages family and friends who have been affected by meth addiction to stay connected to their loved ones in recovery. This treatment program has an educational component that helps both patients and their loved ones learn about the underlying causes of meth addiction and how to achieve and maintain long-term recovery.

Dealing with the psychological symptoms of meth addiction can be frightening and overwhelming, but with the right care, recovery is possible. [Contact Evolve Indy today](#) and see how we can help you or your loved one recover from meth addiction.

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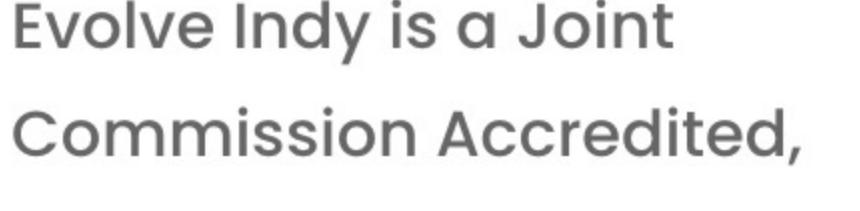
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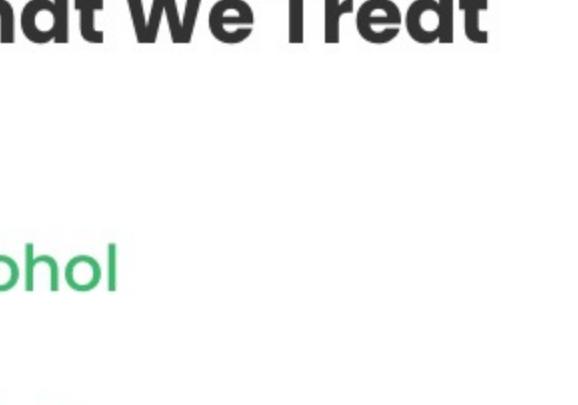


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