



# HELP FOR YOU

Jan / Feb  
2023

## Overcoming a Loved One's Addiction

### 'Mental Health and Addiction'

By Rosemary Brown

Addiction and Mental Health seem to go hand in hand - yet it is surprising how the Traditional System can isolate a person between the two services.

One of my biggest frustrations is when I get calls from parents, partners, or others when this happens, and they have not had help from either. It is like there is a great solid wall between the two and the issues are fenced not only to keep the services apart but also to keep the family on the outside.

My question is "Who is meeting these people's needs?" If you have a loved one in addiction and they also have needs in relation to Mental Health, sometimes we are unsure which is the 'real' issue. A bit like the chicken and the egg scenario - which came first.

As an Addiction Specialist I recognise these two things are intrinsically linked - one impacts the other, regardless of which came first. How do we manage both and is the mental health diagnosis the reason someone uses, or has their using created the Mental Health issue. It's not an argument or discussion that has much benefit in a crisis.

How do you tackle a system that supports a revolving door attitude? Have you ever noticed the 'blocks to gaining support', once your loved one is a 'known' drug or alcohol user, you can sit and wait for hours, only to be told 'sorry we cannot help you'.

The longer I work here in Private Practice the more I recognise how families and those in addiction are sidelined with this message. This leaves you as the only one left standing to support your loved one.

When your loved one is struggling with Psychosis of any kind it is extremely difficult to gain help and support for them, or for yourself. Firstly, so called 'Human Rights' and 'Privacy' seem to get in the way. Frequently quoted is 'Confidentiality', sorry we cannot tell you anything.

Knowing that Confidentiality may be broken if the patient is at 'risk of harm to self or others' may require some exploring, as if a patient has been suicidal or threatened harm to others, there may be a 'duty of care' to inform you of what is happening.

Remember many services do what's easier rather than what is 'right', sometimes you might need to question things, to gain better information.

You also need to get help & support for yourself - I work with many families where Mental Health is an issue.

### Notice the Symptoms & Similarities

#### Anxiety-Disorders¶

For people with an anxiety disorder, the anxiety does not go away and can get worse over time. Here are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, social anxiety disorder, and various phobia-related disorders.¶

#### Attention-Deficit/Hyperactivity-Disorder (ADHD)¶

Ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.¶

#### Bi-Polar¶

Characterised by extreme mood swings, with episodes of Mania, Hypomania, Depression¶

#### Borderline Personality Disorder¶

Borderline personality disorder severely impacts a person's ability to regulate their emotions. This loss of emotional control can increase impulsivity, affect how a person feels about themselves, and negatively impact their relationships with others.¶

#### Depression¶

Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.¶

#### Obsessive-Compulsive Disorder (OCD)¶

Obsessive-compulsive disorder (OCD) is a common, chronic, and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts ("obsessions") and/or behaviours ("compulsions") that he or she feels the urge to repeat over and over.¶

#### Post-Traumatic-Stress-Disorder (PTSD)¶

People who have PTSD may feel stressed or frightened, even when they are not in danger, they can experience symptoms such as Flashbacks, Bad Dreams, Frightening Thoughts, and may try and avoid things that trigger symptoms.¶

#### Schizophrenia¶

Is a serious mental illness that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends. The symptoms of schizophrenia can make it difficult to participate in usual, everyday activities.¶

For more information, please refer to the source¶  
<https://www.nimh.nih.gov/health/topics/>¶



Substance¶	Withdrawal¶	Long-Term-Use¶
Alcohol¶	Anxiety, shaky hands, headache, nausea, not sleeping, sweating, hallucinations, seizures, delusions, heart racing¶	Mental Health symptoms-- Depression & anxiety¶
Benzodiazepines¶	Nausea, panic attacks, tremors, anxiety, sweating, heart palpitations, muscle pain, seizures¶	Mental Health symptoms-- Aggression, depression, anxiety, mood swings¶
Cannabis¶	Diminished appetite, mood swings, irritability, sleep difficulties, loss of focus, increased feelings of depression¶	Mental Health symptoms-- Depression & anxiety¶
Methamphetamine¶	Fatigue, agitation, insomnia, paranoia, hallucinations, confusion, nausea, no motivation¶	Mental Health symptoms-- Depression & Anxiety, mood swings, confusion, violent behaviour, paranoia, hallucinations¶
Opiates¶	Anxiety, sweating, hallucinations, insomnia, seizures, shaking, restlessness¶	¶

¶ When intoxicated-- a loss of impulse control is common for those who drink or drug, as are mood swings, paranoia, confusion, anxiety and low mood.¶

## ‘Being proactive is powerful.’

You are not your loved one’s therapist, but you probably are the one who they come to when things are rough for them. Coping strategies in difficult times need to focus on ‘yourself’, safety & getting appropriate intervention.



### Safety Planning is a must.

**DO NOT BE AFRAID TO GET THE POLICE INVOLVED IF THERE IS AN IMMINENT RISK.**

If your loved one is unpredictable, has in the past been violent or if they demonstrate rapid mood swings – it is always good to have a safety plan.

Include in your safety plan a place you can go in the home or outside the home.

Make sure the neighbours are aware that there may be a risk – and that if they recognise or hear something is not right – that they will call the police

Ensure you have the details of at least two people who you can ring in the event of a high-risk situation, someone who can come & be with you.

### Your loved one won’t recognise, they are unwell...

Know this is common for addicts, alcoholics, and those with mental health issues. In the moment your loved one has no idea they are acting irrationally, and this continues to get worse as they become more unwell.

This is NOT the time to try and convince them that their behaviours and their thinking is ‘incorrect’ – this will only lead to argument and more conflict, which leads to more tension and a higher level of risk.

You will never convince your loved one they are unwell, so keep the focus on ‘what needs to be done here’. Doing and saying nothing, just being in a calm space with your loved one may help. If their psychosis is a risk, you probably need to get the ambulance & police involved.

If you take your loved one to hospital, it is easy for them to leave you both sitting, if they go via ambulance, they are in the doors ready to be assessed.



### Know what questions to ask yourself –

- **Can I be safe** on my own in this situation with my loved one? - If you don’t feel safe, ensure your safety, through enacting your safety plan or calling police.
- **What is happening for my loved one right now?** Observe the physical, emotional, and psychological signs, if someone is in psychosis, don’t try and get them to understand what they are experiencing is not real, stay quiet, be aware of their safety, and if needed call an ambulance for help.
- **What is it my loved one needs right now?** Do they need reassurance? Do they need you to be calm? Do they feel they need medical support? Are they okay to ‘ride the storm out’?

‘PSYCHOSIS is scary – know you don’t have to handle this on your own’



# An Addiction Point of View

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## A Beautiful Soul - allowing me to see her pain

This was gifted to me by one of the beautiful women that didn't fit anywhere  
Her mental health and her addiction, meant that nobody seemed to care

Their faces are haggard before their time  
I don't want that face for mine  
I am happy with my own mask  
One sane day is all I ask



The bottle won't let go -  
Not the hand upon its neck  
The holder once was sober  
Now she's just a wreck

Once she liked to party  
Now she drinks alone  
Gone beyond being social  
She hides and skulls at home

They share a comfortable silence  
Often found with friends  
Sitting there, the drink, the drunk  
To their separate ends

I see them there together  
And shudder as I think  
I recognise those faces  
It is me and my drink



**It is hard to imagine that the pain an addict feels can only come out in their creativeness.**

Every addict I have worked with has talent - a talent with computers, a talent with making music, a talent with creative dance, a talent in art or song. There is a great talent living within themselves - what is it going to take for an addicts talents and strengths to be the focus - rather than their addiction and mental health.

Never accept there is no hope - accept that you have the power to care deeply, and that it is a long journey to wellness for many - please be sure you are not drowning with your loved one.



# Help for You - Rosemary Brown

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## Connect with Rosemary today

Take advantage of a free 45 Discovery Call with Rosemary.....

[Click here](#) to book your free 45-minute Discovery Call

### Start 2023 connecting with change...

For many who read this newsletter they will be feeling the pain - the frustration and the sadness within...

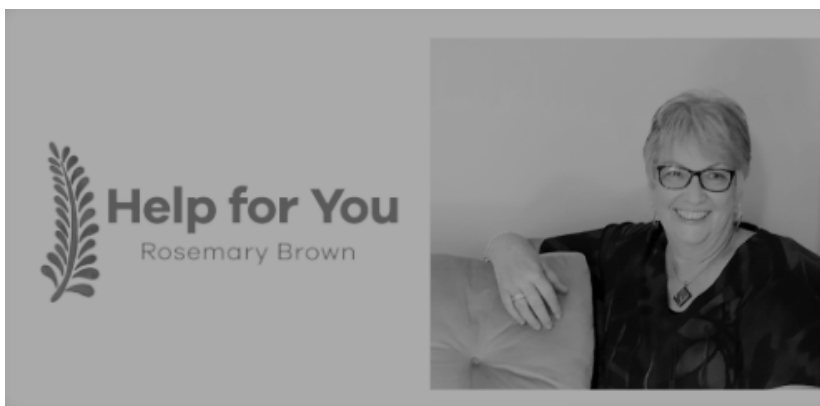
You may be desperate, or you may believe nothing can be different. I want you to know that life does not need to be like this, don't abandon yourself and leave your enjoyment of life in the hands of someone else, step up, so you can get well and be their 'rock'.

When you work with Rosemary you are not alone, you instantly become part of a group of people just like you - people who are afraid, people who know the reality, people who no longer have to relive the trauma, or the overwhelming emotions that keep getting in your way, people who have found a way, without abandoning their loved one.

Book your Discovery Call NOW with Rosemary - so you can recognise and live a better pathway moving forward. [BOOK NOW](#)



Afterpay is now available via the website [www.helpforyou.com.au](http://www.helpforyou.com.au) - you can now purchase Help for You - Rosemary Brown products & services at no additional costs or interest charges - pay in 4 installments over 6 weeks.



On sale now as an eBook or Paperback  
[Click Here](#) to buy your copy

What others say about the results they have achieved  
[Click here](#) to read how others have changed their lives by working with Help for You - Rosemary Brown

#### Rosemary is qualified

Post Graduate Diploma Māori Health  
Graduate Certificate in Supervision  
Bachelor of Applied Social Sciences (Counselling)

Master Practitioner in Neuro Linguistic Programming  
Multiple Brain Coach

ACA Level 4 Registered Counsellor  
Previous registration  
NZAC Full Membership  
DAPAANZ Registered Practitioner