



# DEPRESSION TREATMENT PROGRAM

CALL CRESTVIEW RECOVERY TODAY.  
**(866) 262-0531**

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While we don't always know what causes depression and anxiety, we know that these conditions are prevalent in most of the developed world. People with anxiety and depression may develop problems with substance use in attempts to self-medicate. Our clinicians at Crestview specialize in helping people up from their darkest moments into a life of joy, connectedness, and meaning. Contact [Crestview Recovery](#) by calling our [Portland drug treatment center](#) at [866.262.0531](tel:866.262.0531) if you are struggling with anxiety, depression, addiction, alcoholism, or a combination of these conditions.

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## A DRUG TREATMENT PROGRAM TREATS MORE THAN ADDICTION

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We know that when depression or anxiety is left untreated, it affects our work, family, and social lives. Being depressed or anxious affects the way we interact with the people around us and how we feel about ourselves. People with clinical depression or anxiety can attend psychotherapy to help their condition. If they have a good therapist, it might even help. Doctors can also prescribe medication to help alleviate the symptoms of these conditions. It is important for

- Therapy for Anxiety & Depression
- A Portland Drug Rehab Can Help

people with depression or anxiety to be under the care of a medical professional in order to determine when or if their medication needs to be adjusted. Signs a person may need their medication adjusted include the following:

- **Feelings of dysphoria and an absence of motivation**
- **Manic episodes**
- **Difficulty balancing**
- **Phobias or compulsions**
- **Persistent insomnia after diet and exercise adjustments**

Unfortunately, the medications—both doctor-prescribed and self-prescribed—that are most effective at immediately eliminating pain and fatigue are often the most likely to cause social and occupational impairments in the long term, especially when taken at increasingly high amounts.

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## ALL DRUGS ARE POISONS IF YOU TAKE ENOUGH OF THEM

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While psychoactive drugs can be life-saving and improve people's quality of life, they are toxic when overused or combined with other drugs. A few of the potentially deadly

combinations of drugs people use to cope with anxiety and depression include the following:

- **Opioids (fentanyl, heroin, methadone, hydrocodone, oxycodone, morphine)**
- **Alcohol**
- **Benzodiazepines (alprazolam, diazepam)**
- **Stimulants (meth, cocaine, amphetamines)**

Anticonvulsant medications like gabapentin and allergy medications like Benadryl can also cause problems when used repetitively or in combination with other drugs. It is easy for people struggling with depression or anxiety to spiral out of control when it comes to drug use. While some medications effectively treat anxiety and depression without harmful side effects, it can be difficult to determine how an individual will react to a certain medication or combination of medications. When a person loses their insurance, loses access to FDA-regulated drugs, or is unable to find a drug without harmful side effects, they may look elsewhere for relief. At Crestview we offer drug rehab programs to help treat many types of drug addiction and mental illness.

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## FEELING DEPRESSED OR ANXIOUS? YOU'RE NOT ALONE

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People with depression and anxiety experience symptoms that appear without provocation. Although drugs and alcohol may eliminate the unpleasant symptoms,

they often prevent people from solving the problems they need to solve in order to grow. Although some people who use drugs to deal with anxiety and depression don't become physically or psychologically dependent, many people do. We offer the following [dual diagnosis treatment programs](#) to help people dealing with addiction combined with anxiety and depression:

- **Partial hospitalization program**
- **Residential drug treatment program**
- **Outpatient drug treatment**

"Crestview went above and beyond to help me navigate the addiction treatment maze — even offering information on other programs to ensure that my daughter would access treatment after detox. Thankfully, she was able to enter Crestview the day before Thanksgiving, and while there, received a personalized treatment program that addressed substance use, mental health, trauma history, and family system issues. She had access to a clean/safe women's residence, medication assisted treatment, individual and group therapy, community-based providers, recovery activities, skill-building, and case management. \* Most importantly, the intake and clinical staff at Crestview cared deeply about her — she was not simply another client moving through the program. \*

Bottom line: I would recommend Crestview Recovery to friends and family without hesitation."

- M MCEVOY

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## THERAPY FOR ANXIETY & DEPRESSION

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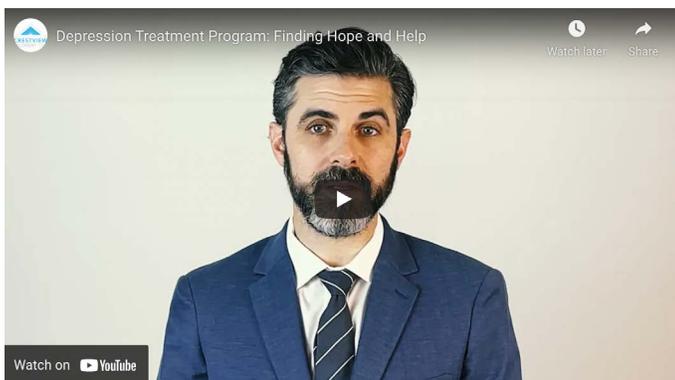
When someone struggles with a mental health concern and a co-occurring substance use disorder, we call this a dual diagnosis. If you or a loved one is struggling with mental health and chemical dependence, these conditions trigger one another to the point that they often become indistinguishable.

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## A PORTLAND DRUG REHAB CAN HELP

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In the search for relief, many people with depression and anxiety self-medicate with alcohol and other mind-altering chemicals. While some substances relieve the symptoms of depression, they often have harmful side effects, especially when used for extended periods of time. Contact Crestview Recovery in Portland at [866.262.0531](tel:866.262.0531) to learn more about our [mental health treatment](#) options for depression and co-occurring substance use disorders by calling [866.262.0531](tel:866.262.0531).



Click image for link to video.

CONTACT US TODAY AT  
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so we can help you begin the  
road to recovery.