

STAND OUT

THROW IT OUT.

RX

DRUGS

VS.

THE

MIND

You may have learned that until we reach our early- to mid-twenties, our brains are continuing to develop. This is especially critical to consider in the context of mental health and prescription drug misuse. It has been statistically shown that those who struggle with mental illness are three times more likely to abuse prescription drugs, but this has also been observed happening the other way around: misusing prescription drugs can cause individuals to experience an increase of mental illness symptoms.

Depressants, for example, are typically prescribed by a doctor to help the body relax. Using a prescription for a depressant that hasn't been prescribed to the consumer will likely cause them to develop symptoms of depression, and when they go through withdrawals from the drug, they may experience symptoms of anxiety, too.

Stimulant misuse works opposite the depressants: when misused, they create feelings of anxiety and can trigger psychotic episodes, and the withdrawals often pull users into deep depression.

Today's youth are already fighting off mental illness from countless other sources, like social media or challenging circumstances in their personal life; prescription drugs should be used only as recommended by a healthcare professional to prevent the substances from causing harm to students' mental health.

Coping skills are some of the most critical tools we need as we face today's world full of stressful, traumatic, and depressing moments. Instead of turning to drugs, seek healthy coping methods.

