Living with addiction

Understanding addiction and seeking support

avive

Living with addiction can affect many areas of life – including emotional wellbeing, physical health, relationships, work and day-to-day functioning. For many people, addiction is not simply about a substance or behaviour itself, but the underlying emotional distress, coping patterns and life experiences connected to it.

Addiction can affect people differently, and support needs vary from person to person. With the right support and treatment pathway, recovery is possible.

About Avive Heatlh

Avive provides connected mental health care pathways across inpatient admissions including medical detoxification, day programs, psychiatric review, TMS and authorised assisted therapies delivered by approved clinical partners within our licensed private hospital environments.

Through our hospitals, outpatient services and Cloud Clinic by Avive telehealth platform, we support people experiencing a broad range of mental health, trauma and addiction-related presentations with integrated, evidence-based care tailored to individual needs.

Understanding addiction

Addiction can involve ongoing alcohol, substance or behavioural use that becomes difficult to control despite impacts on health, relationships or daily life.

For many people, addiction develops gradually and may be linked to trauma, stress, anxiety, low mood, emotional dysregulation or other mental health concerns. Addiction may also occur alongside conditions such as depression, anxiety, PTSD or complex trauma.

Common signs and symptoms

People living with addiction may experience the following, and symptoms and severity can vary between individuals:

- difficulty reducing or stopping alcohol or substance use
- strong urges or cravings
- withdrawal from family, friends or usual activities
- changes in mood, motivation or behaviour
- increased secrecy or isolation
- difficulty managing work, study or responsibilities
- sleep disturbances or changes in appetite
- increased emotional distress, anxiety or low mood
- ongoing use despite negative impacts on health or relationships

What can contribute to addiction?

Addiction is often influenced by a combination of biological, psychological, environmental and social factors. These may include:

- trauma or adverse life experiences
- chronic stress or burnout
- anxiety, depression or other mental health conditions
- family history of addiction
- social isolation or relationship difficulties
- emotional regulation challenges
- grief, loss or major life changes

When to seek support

You do not need to wait until things feel severe or unmanageable to seek support. It may help to seek professional support if alcohol, substance use or addictive behaviours are:

- affecting relationships or family life
- impacting work, study or daily functioning
- contributing to emotional distress or isolation
- becoming difficult to control
- affecting physical or mental health

Seeking support early may help reduce escalation and support long-term recovery.

Treatment and support options

While treatment pathways depend on individual needs and clinical assessment, support for addiction may include:

- psychological therapy
- psychiatric review and medical oversight
- withdrawal and stabilisation support
- inpatient mental health care
- structured day programs
- trauma-informed therapy
- relapse prevention planning
- group therapy and peer support
- support for co-occurring mental health conditions
- family or carer involvement where appropriate

How can Avive help?

Avive provides integrated mental health and addiction care designed to support people experiencing addiction and co-occurring mental health concerns. Depending on individual needs, support may include:

- inpatient admissions within a licensed private mental health hospital
- structured addiction and dual-diagnosis programs
- psychiatric review and medical oversight
- trauma-informed therapeutic care
- day programs and step-down support
- support for emotional regulation and relapse prevention
- telehealth appointments through Cloud Clinic by Avive
- family and carer involvement where appropriate

Our team works closely with patients, families and referrers to help identify the most appropriate level of support.

Supporting someone living with addiction?

Recovery often involves ongoing support, connection and practical strategies over time. If someone you care about is living with addiction, it can help to:

- approach conversations without judgement
- encourage professional support
- maintain connection and communication
- recognise changes in mood or functioning
- support routines and treatment engagement where appropriate

Contact Avive

Inpatient admissions and day program enquiries

1800 284 830

help@avivehealth.com.au

avivehealth.com.au avivehealth

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This fact sheet provides general information only and is not a substitute for medical advice, diagnosis or treatment. Individual experiences and treatment pathways vary. Please speak with a qualified health professional about what support may be appropriate for you.