



Concurrent Substance Use and Mental Health Disorders: An Information Guide

W.J. Wayne Skinner, Caroline P. O'Grady

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A person with a mental health problem has a higher risk of having a substance use problem, just as a person with a substance use problem has an increased chance of having a mental health problem.

This guide:

- explains the symptoms and causes of concurrent disorder
- outlines the different kinds of treatments available, including psychosocial and biological treatments
- describes integrated treatment and how it helps
- discusses recovery and relapse prevention
- discusses family involvement
- gives guidance on how to explain concurrent disorders to children

This guide gives a thorough introduction to concurrent disorder treatment options, and sensitive and sound coping skills to help people with concurrent disorders -- and their families -- toward recovery.

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