

## Comorbidity Guidelines



*This resource is by The Matilda Centre at the University of Sydney (formerly the Centre of Research Excellence in Mental Health and Substance Use at UNSW)*

*These guidelines aim to provide alcohol and other drug (AOD) workers with evidence-based information to assist with the management of co-occurring AOD and mental health conditions.*



**Summary:** The Comorbidity Guidelines aim to provide alcohol and other drug (AOD) workers with **evidence-based information to assist with the management of co-occurring, or comorbid, AOD and mental health conditions.**

The guidelines cover the following three sections of information:

1. Part A addresses the nature and extent of comorbidity and discusses why it is important for AOD services to respond. Information regarding the prevalence, guiding principles, and classification of disorders are contained in Part A.
2. Part B contains information regarding responding to comorbidity, including holistic health care, identifying comorbidity, risk assessments, care coordination, approaches to comorbidity, managing and treating specific disorders, and worker self-care.
3. Part C addresses specific population groups.

The guidelines can be **accessed online and are available to download as a PDF** (Portable Document Format).

**Developers:** Marel C, Mills KL, Kingston R, Gournay K, Deady M, Kay-Lambkin F, Baker A, Teesson M. (2016). Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings (2<sup>nd</sup> edition). Sydney, Australia: Centre of Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Centre, University of New South Wales. The Guidelines were funded by the [Australian Government Department of Health and Aged Care](#).

**Year:** 2016

**Costs:** Free

**Evidence base:** This resource has undergone expert review. View the [full list of references](#).

[Access the Comorbidity Guidelines](#)