

Understanding co-occurring substance use and mental health conditions



*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 booklets aim to provide information for people who use substances and experience mental health conditions at the same time.*



Summary: There are five evidence-based information booklets developed for people who use substances who also experience symptoms of co-occurring mental disorders. The booklets cover information on **Anxiety**, **Mood**, **Personality**, **Psychosis** and **Trauma**.

Developers: This resource was developed by the University of Sydney Matilda Centre.

Year: 2011

Costs: Free

Evidence base: This resource has undergone expert review.

[Click here to access the Anxiety and Substance Use booklet](#)

[Click here to access the Mood and Substance Use booklet](#)

[Click here to access the Personality and Substance Use booklet](#)



[Click here to access the Psychosis and Substance Use booklet](#)

[Click here to access the Trauma and Substance Use booklet](#)

