

# 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](#)



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