

Should You Talk to Someone About a Drug, Alcohol, or Mental Health Problem?



Substance use and mental health problems are treatable, and help is available.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

Many people struggle with both a substance use and a mental disorder. These questions can help you decide whether you need help with substance use, a mental health issue, or both. For people who suffer from both, receiving treatment for both is important for getting better. Treatment works: Recovery starts with understanding that you may have one or both of these problems.

- ❑ Over the past 2 weeks, have you felt down, depressed, or hopeless?
- ❑ Over the past 2 weeks, have you felt little interest or pleasure in doing things?
- ❑ In the past year, have you had significant problems with insomnia, bad dreams, or falling asleep during the day?
- ❑ In the past year, have you thought about ending your life or had thoughts about suicide?*

**If you have had thoughts of not wanting to live, or harming yourself or anyone else, talk to someone immediately or call 1-800-273-TALK (1-800-273-8255) or 1-800-SUICIDE (1-800-784-2433) NOW.*





- In the past year, did you have a hard time paying attention at school, work, or home?
- Have you ever felt you should cut down on your drinking or drug use (use less alcohol or drugs)?
- Have people annoyed (irritated, angered, etc.) you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about drinking or drug use?
- Have you ever taken a drink or a drug first thing in the morning (an eye-opener) to steady your nerves or get rid of a hangover?

In the past, have you ever:

- (for men) had 5 or more drinks in a day?
- (for women or anyone over age 65) had 4 or more drinks in a day?
- used recreational or prescription drugs to get high?

Unless you answered "never" to all of the above questions, talk to your doctor, a nurse, or a counselor about the details. They can help you decide what to do next. They may also help you find more information and resources. Look on the back of this brochure for additional ways to get help.

Resources

For information on treatment for co-occurring mental and substance use disorders, go to <http://www.coce.samhsa.gov> or <http://www.samhsa.gov/treatment/>.

To find a nearby drug and/or alcohol treatment clinic, call (800) 662-HELP (4357) (English and Español) or (800) 487-4889 (TDD) or go online to: <http://www.samhsa.gov/treatment>.

You can also find help in the yellow pages under "Alcohol Abuse," "Drug Abuse," or "Mental Health Services," or in the government (blue) pages of the phone book under your local health department.

Some of these clinics can provide treatment for both substance use and mental health disorders.

**A better, healthier life
may be closer than
you think.**

This consumer brochure was created to accompany the publication *Substance Abuse Treatment for Persons With Co-Occurring Disorders*, #42 in CSAT's Treatment Improvement Protocol (TIP) series. The TIP series and its affiliated products may be ordered from SAMHSA's Publications Ordering Web page at <http://www.store.samhsa.gov>. Or, please call SAMHSA at 1-877-SAMHSA-7 (1-877-726-4727) (English and Español). The document may be downloaded from the KAP Web site at <http://www.kap.samhsa.gov>.

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