

# Concurrent Disorders

## Websites

### **BC Mental Health & Substance Use Services**

[bcmhsus.ca](http://bcmhsus.ca)

Provides general information about mental health and substance use, as well as resources, programs and services related to mental health and substance use across BC.

### **Centre for Addiction and Mental Health**

[camh.net](http://camh.net) | Click on "Health Information", then "C"

Provides a list of information and related links on concurrent disorders for youth, parents and health professionals.

### **Centre for Addictions Research of BC**

[carbc.ca](http://carbc.ca)

Covers a comprehensive range of articles and information about a variety of topics related to substance use for communities, families and teachers.

### **From Grief to Action**

[fgta.ca](http://fgta.ca)

Offers resources for families with children with substance use challenges. Includes support and self-care resources as well as events, news, and personal stories.

### **Here to Help**

[heretohelp.bc.ca](http://heretohelp.bc.ca)

Offers multilingual information, personal stories and fact sheets on substance use and mental health.

### **mindcheck.ca**

[mindcheck.ca](http://mindcheck.ca)

A youth and young adult-focused interactive website with quizzes, self-help tools, website links, and assistance in connecting to local professional resources across BC.

### **Mouse Party**

[learn.genetics.utah.edu/content/addiction/mouse](http://learn.genetics.utah.edu/content/addiction/mouse)

An interactive website that demonstrates the effect drugs have on the brain.

### **Substance Abuse & Mental Health Services Administration (SAMHSA)**

[samhsa.gov](http://samhsa.gov)

Provides an extensive list and information on drugs, alcohol and concurrent disorders.

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## Toolkits and Videos

### **A Family Guide to Concurrent Disorders**

[camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/concurrent\\_disorders/Documents/partnering\\_families\\_famguide.pdf](http://camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/concurrent_disorders/Documents/partnering_families_famguide.pdf)

Free, downloadable resource for families who have children with concurrent disorders.

### **Coping Kit: A Guide for Family Members**

[fgta.ca](http://fgta.ca)

Free, downloadable resource offered by From Grief to Action to families who have children struggling with substance use challenges.

### **Concurrent Substance Use and Mental Health Disorders: An Information Guide**

[camh.net](http://camh.net) | Click on "Health Information" -> "C" -> "Resources"

## Concurrent Disorders *(continued)*

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This guide is for people with concurrent disorders, their families, and anyone who wants basic information about concurrent disorders, their treatment, and their management.

### **Recognizing Resilience: A Workbook for Parents and Caregivers of Teens Using Substances (2012)**

[viha.ca/NR/rdonlyres/2CC6E168-D562-440B-B906-0DFEB72CE470/0/recognizingresilience.pdf](http://viha.ca/NR/rdonlyres/2CC6E168-D562-440B-B906-0DFEB72CE470/0/recognizingresilience.pdf)

This workbook was inspired by conversations with parents and caregivers who were determined to generate knowledge, meaning and understanding on the topic of adolescent substance use and parenting.

### **The Downside of High: CBC's The Nature of Things (2013)**

[cbc.ca/natureofthings/episodes/the-downside-of-high](http://cbc.ca/natureofthings/episodes/the-downside-of-high)

A documentary that tells the story of three young people from British Columbia who believe, along with their doctors, that their mental illness was triggered by marijuana use.

### **You and Substance Use Workbook: Stuff to Think About... and Ways to Make Changes**

[heretohelp.bc.ca/sites/default/files/you-and-substance-use-stuff-to-think-about-and-ways-to-make-changes.pdf](http://heretohelp.bc.ca/sites/default/files/you-and-substance-use-stuff-to-think-about-and-ways-to-make-changes.pdf)

This resource guides you through the process of understanding more about the role of alcohol or other drugs in your life.

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## Support Services

**Alcohol and Drug Information & Referral Service** Tel: 604-660-9382 | Toll Free: 1-800-663-1441  
Worried about drug or alcohol use? Whether it's for yourself or someone you care about, you can call the Alcohol and Drug Information and Referral Service for information, options and support.

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[keltymentalhealth.ca](http://keltymentalhealth.ca) | [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca) | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

### **BC Children's Hospital Provincial Youth Concurrent Disorders Program**

Tel: 604-875-2345 | [bcmhsus.ca/programs-and-services/provincial-youth-concurrent-disorders-program](http://bcmhsus.ca/programs-and-services/provincial-youth-concurrent-disorders-program)

Outpatient clinic that provides consultation, comprehensive psychiatric assessments and limited treatment for youth with mental health and substance use concerns ages 12-24 from the province of British Columbia.

### **Dual Recovery Anonymous** [draonline.org](http://draonline.org)

An independent, non-professional, twelve step, self-help membership organization for people with a dual diagnosis.

**Youth in BC (24/7)** <http://youthinbc.com> | Toll Free: 1-866-661-3311

Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.