Did You Know
According to the National Institute on Drug Abuse, 43 percent of people with SUD have a diagnosis or symptoms of other mental health disorders.

Knowledge Domain
Many people with SUD also have other mental illnesses, such as depression, anxiety, or bipolar disorder. Unfortunately, stigma can create treatment barriers. You can prevent stigma by talking openly about mental illness to normalize the conversation. Use person-first person language when addressing someone with a mental illness (e.g., saying they have bipolar disorder instead of they are bipolar).

Education also plays a large role in reducing stigma, largely by helping to change our attitudes and behaviors around those with a mental illness. Lastly, being an advocate for those with a mental illness and supporting them through their treatment process is a great way to show that you care about not only that individual but everyone with a mental illness.

Recommended Group Activity
Discuss dual-diagnoses. How does substance use affect mental illness and vice versa? Do you think that treating the diagnoses simultaneously is the most effective course of action? Why or why not?

Could you start a gathering of those in recovery to celebrate their recovery?