

Co-Occurring Disorders: Understanding the Connection Why This Matters



Many people in recovery face not only substance use disorders, but also mental health challenges like **depression, anxiety or PTSD**. When these conditions occur together, they are called **co-occurring disorders**. Understanding this connection is an important step toward healing. **Treating both conditions together can lead to stronger recovery** outcomes and a healthier life.

Tips for Co-Occurring Disorders

- 1 Maintain Your Recovery
- 2 Seek Integrated Care
- 3 Stay Consistent
- 4 Build a Support Network
- 5 Practice Self-Care

How Treating Co-Occurring Disorders Impacts Recovery:

- 1 Improves Mental and Emotional Health**
When mental health symptoms like **anxiety, depression or trauma** are left untreated, recovery can feel much harder. Addressing both substance use and mental health allows you to feel more balanced and supported.
- 2 Reduces Risk of Relapse**
Mental health struggles can be **strong triggers for substance use**. Treating co-occurring disorders helps **lower the chance of relapse** by giving you more tools to manage emotions and stress.
- 3 Supports Long-Term Recovery**
When both conditions are treated together, people are more likely to stay engaged in care and **maintain long-term recovery**. This approach supports a stronger foundation for lasting change.
- 4 Encourages Whole-Person Healing**
Recovery isn't just about stopping substance use—it's about building a healthier, more stable life. **Treating co-occurring disorders addresses the mind and body together**, creating a path toward real healing.



To get help for you or a loved one, call:

844-535-7291



Or visit:

BHGREcovery.com



Common Co-Occurring Disorders



Depression: Feelings of sadness, hopelessness and loss of interest in daily activities.

Anxiety Disorders: Intense worry, fear or panic that impacts daily life.



Post-Traumatic Stress Disorder (PTSD): Ongoing distress after trauma, often with flashbacks or avoidance.

Bipolar Disorder: Extreme shifts in mood, energy and activity levels that can disrupt routines.



Personality Disorders: Patterns of thoughts and behaviors that make relationships and coping more difficult.

Tips for Managing Co-Occurring Disorders



Seek Integrated Care:

Look for providers who treat substance use and mental health together.



Stay Consistent with Treatment:

Attend therapy, take medications as prescribed and keep follow-up appointments.



Build a Support Network:

Share your journey with trusted friends, family or recovery groups who understand what you are facing.



Practice Self-Care:

Prioritize sleep, nutrition and activities that help manage stress.

Conclusion: Treat the Whole You

Recovery is about more than substance use—it's about **healing your whole self**. By addressing both mental health and substance use, you **create a stronger foundation for lasting recovery and a healthier future**. You deserve care that treats all of you ■

