

TREATMENT: CO-OCCURRING ADDICTION AND MENTAL HEALTH ISSUES

What type of treatment is appropriate for you? Treatment for co-occurring disorders, like living with addictions and mental health issues, depends on the severity, the type of addiction, and the support available from services, family, friends and your community.

These health services can all play a role:

- Harm Reduction
- Counselling
- Information and Education
- Medications
- Withdrawal Management
- Supports and Services

If you feel that substance use is causing problems in your life and that you are unable to control your use, reach out to a doctor or a trained counsellor for an assessment. If your mental health issue is making it difficult to seek treatment, ask for help.

WE ARE HERE TO HELP.

Peer Support by Phone: 204-560-1461
Province-wide Toll-Free: 1-800-263-1460
Postpartum Warmline: 204-560-1468

Peer Support Hours: M-F, 9 AM - 9 PM
Office Hours: M-F, 9 AM – 4:30 PM

For Peer Support Group schedules, please visit our website at www.mooddordersmanitoba.ca

In the Westman Region:

Mood Disorders Association of Manitoba (Westman Region)
217 10th Street, Unit C
Brandon, MB R7A 4E9
Phone: 204-721-2174
Email: westman@moodmb.ca

Mood Disorders Association of Manitoba (MDAM)

Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder, co-occurring disorders or other mental health illness. We increase public awareness about mood disorders and empower people to develop hope and recovery.

Helping People Help Themselves
for over 35 Years

CONNECT WITH US



@MoodDisordersMB



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help themselves*

ADDICTION & MENTAL HEALTH

Let's Talk About It

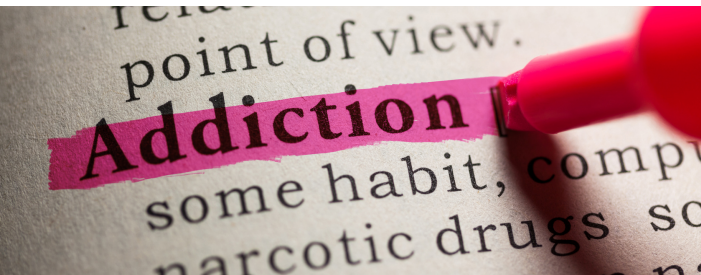


Mood Disorders
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ADDICTION AND MENTAL HEALTH

The links between mental health and substance use issues are complex. These problems can develop independently as a result of risk factors or one can lead to the other as a result of self-medication or living in prolonged distress.



Is your drug use an issue?

These general signs could indicate some form of problematic substance use issue:

- Loss of control
- Neglecting activities or commitments
- Risk-taking
- Relationship issues
- Secrecy
- Changing appearance
- Family history of addiction
- Withdrawal
- Continued use/behaviour despite negative consequences



YOU ARE MORE THAN YOUR ADDICTION.

Building a strong support network around you may provide a protective factor that can support your overall well-being. If you are struggling with your mental health and an active addiction, you are still deserving of a community. Include the following in your life:

- Become involved in meaningful activities.
- Have positive role models in your life.
- Build a strong attachment to friends, family, school and community.
- Speak about your goals and dreams.

And you can always call or join us.

One-on-One Peer Support - "The Unloading Zone"

Available Mon - Fri, 9 AM - 9 PM

Free of Charge

<http://www.mooddordersmanitoba.ca/services/peer-support/>

MDAM GROUP SUPPORT FOR ADDICTIONS

Mixed Peer Support Group

Every Monday from 6:30 - 7:30 PM

Every Saturday from 11 - 12 PM

Friends and Family Support Group

Every Tuesday from 7 - 8:30 PM

Parents Peer Support Group

Every Wednesday from 8 - 9 AM

Men's Peer Support Group

Every Monday from 12 - 1 PM

Women's Peer Support Group

Every Thursday from 7 - 8 PM

Indigenous Talking Circle

Every Wednesday from 6 - 7 PM

