



A Family Guide to Concurrent Disorders

Caroline O'Grady, W.J. Wayne Skinner

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Concurrent substance use and mental health problems affect the person experiencing the problems, and also his or her family members and friends. Families need help to deal with the impact of concurrent disorders, but families are also a key to finding effective solutions. This guide can help families to support their family member with concurrent disorders, and also to support themselves.

Based on materials developed for a family education support group at CAMH, *The Family Guide to Concurrent Disorders* includes:

- guidance on the journey to recovery.

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