

Co-occurring mental health and drug and alcohol support

This resource package of online and telephone resources and online training has been developed to assist in providing effective support to clients with mental health and drug and alcohol conditions.

It is designed to assist you to support clients with mild to moderate conditions, where involvement of specialist mental health or alcohol and other drug services is not required. The package includes resources that specifically address co-occurring mental health and substance use, as well resources that focus only on alcohol and other drug use or only mental health.



Online training for clinicians

Free available training for clinicians in the areas of mental health, alcohol and other drugs and comorbidity.

[Comorbidity Training](#)

[Alcohol and Other Drugs Training](#)

[Mental Health Training](#)

[General Training](#)



Online and telephone resources

A directory of organisations that can provide resources and free online or telephone support for individuals with mental health and/or drug and alcohol concerns, their family, friends, and carers.

[Co-occurring Resources](#)

[Comorbid Alcohol and Other Drug Resources](#)

[Comorbid Disorders Mental Health Resources](#)

Online training for clinicians



Comorbidity training

[Comorbidity Guidelines](#)

Eleven training modules developed for Alcohol or Other Drugs (AOD) staff. Practical information on the management & treatment of comorbid Mental Health conditions. The website and online training program has been developed by [The Matilda Centre for Research in Mental Health and Substance Use](#)

[Mental Health Professional Online Development \(MHPOD\): Dual Diagnosis](#)

Screening and assessment for dual diagnosis, and understanding potential interventions.

Note: Please register for a free MHPOD account [here](#)

Time to complete: 20 minutes

ID: 97554004

[Managing comorbidity: Tips and tricks for adapting practice in a changing environment](#)

Practical strategies to address co-morbid mental health and substance use during the COVID-19 pandemic. Diversifying treatment and contact approaches. This webinar is hosted by the Network of Alcohol and Other Drugs Agencies (NADA) and The Matilda Centre.

[Insight: Centre for alcohol and other drug training and workforce development](#)

A free toolkit available online to support Queensland Health Alcohol and Drug and Mental Health staff in the implementation of the Comprehensive Care: Partnerships in Care and Communication Project. These resources are available through a collaboration involving Insight, Dovetail, the Queensland Centre for Mental Health Learning and Clinical Excellence Queensland.



Alcohol and Other Drugs Training

[Association of Children's Welfare Agencies \(ACWA\)](#)

These free online courses are available to support staff who work with children, young people and/or their families.

Recommended Training: [Signs of Alcohol and Other Drug Use](#), and [Withdrawal](#): Identify drug types, their effects, signs of withdrawal, and working with clients who have problematic AOD use.

[Australian Treatment Outcomes Profile \(ATOP\) Instrument Training](#)

Training for administration of the brief tool to measure patient reported outcomes and assess clinical risks.

[Insight: Centre for alcohol and other drug training and workforce development](#)

Free, eLearning on substance use issues. Foundational AOD concepts, AOD Induction Modules, Introduction to AOD Treatment System, AOD assessment, understanding specific drugs (cocaine, benzodiazepines etc.), Screening and Brief interventions, Trauma Informed Care, Micro-counselling skills, Relapse Prevention and Management, Telephone Counselling, Client engagement, Working with Families and significant others, ASSIST Screening, Care planning, Care formulation. See below for recommended videos:

[Stages of Change](#)

Understanding process of change

Time to watch: 2.26 minutes

[Four Column Diagram](#)

Learn about the four-column diagram, a brief intervention tool

Time to watch: 12.09 minutes

[Network of Alcohol and Other Drugs Agencies \(NADA\)](#)

This resource aims to build the capacity of alcohol and other drugs (AOD) workers and organisations in their work.

Note: These resources are publicly available and require participants to register for a free account [here](#).

See below for recommended video:

[Engaging with families and significant others in the AOD sector](#)

Knowledge and practical skills to engage and support families and significant others impacted by problematic substance use.

Time to complete each module: 45-60 minutes



Alcohol and Other Drugs Training

[Noffs Online Training](#)

12 training modules on Drugs, alcohol, and young people.

[Who uses drugs?](#)

Time to watch: 8 minutes

[Drug Types](#)

Time to watch: 20 minutes

[Drugs, Alcohol and Trauma](#)

Time to watch: 20 minutes

[Drugs and young people](#)

Time to watch: 9.46 minutes

[Assessment](#)

Time to watch: 6.23 minutes

[Drugs and Mental Health](#)

Time to watch: 11 minutes

[NSW Health: Agency for Clinical Innovation \(ACI\): Alcohol and Drug Cognitive Enhancement \(ACE\) Program](#)

Tools and resources for interventions for cognitive impairment – for patients in AOD treatment settings.

[NSW Health: Take Home Naloxone](#)

Training and credentialing for NSW Health staff to deliver the Take Home Naloxone intervention to patients/significant others, at risk of experiencing or witnessing an opioid related overdose.

Note: Open heading link, select - Information for NSW Public Health Services. Then select – online training.

[NSW Health Handbook for Nurses and Midwives: Responding effectively to people who use alcohol and other drugs](#)

Information and guidance based on NSW Health evidence-based treatment guidelines, for working with people who use alcohol and other drugs. Includes pathways for delivering care; screening and assessment, managing risks, care planning and co-ordination, transfer of care etc.

[University of Adelaide](#)



[Alcohol, Smoking and Substance Involvement Screening Test \(ASSIST\)](#): Training to administer the ASSIST screening tool and deliver a linked brief intervention.

[Managing Addiction: A framework for successful treatment:](#)

Understand how to recognize addiction and to match a person with AOD problems to treatment using a full range of evidence-based responses. This is a free, self-paced course. *Time to complete: 5 weeks, 2-3 hours per week*

Mental Health Training

[Mental Health Professional Online Development \(MHPOD\)](#)

The MHPOD Learning Portal is an evidence-based online learning resource for people working in or connected to mental health service delivery. Currently, there are over 100 hours of material across 74 topics across a range of relevant topics. Please register to access content. See below for recommended modules:

[Building the Therapeutic Relationship \(97542322\) 20 minutes](#)

The therapeutic relationship is at the heart of mental health practice, and outcomes of interventions can depend on the nature of the therapeutic relationship.

Time to complete: 20 minutes
ID: 97542322

[Strategies for Working with People at Risk of Suicide](#)

Advice about responding practically to risk factors of suicide.

Time to complete: 20 minutes
ID: 94216959

[Effective documentation in clinical files](#)

Outlines documentation needs from intake to transfer of care. Importance of documentation in facilitating communication and improving practice.

Time to complete: 20 minutes
ID: 97555438

[Carer Participation](#)

Introduces the concepts of carer participation and the lived experience of carers and families. Family/carers may be parents, partners, children, siblings or the broader 'family'.

Time to complete: 20 minutes
ID: 97544049

[Trauma and Mental Health](#)

Overview of impact of traumatic events on individual's mental health, and importance of not re-traumatising patients through service experience.

Time to complete: 20 minutes
ID: 94218228

[Relapse prevention: How to explore the early warning signs of psychosis](#)

Working collaboratively with agencies to provide support to patients and carers.

Time to complete: 20 minutes
ID: 97693213



Mental Health training

[Mental Health Professional Online Development \(MHPD\)](#)

The MHPD Learning Portal is an evidence-based online learning resource for people working in or connected to mental health service delivery. Currently, there are over 100 hours of material across 74 topics across a range of relevant topics. See below for recommended modules:

[Mental Healthcare for Indigenous Australians](#)

Understand how culture influences Indigenous Australians' understanding and experience of mental disorders.

Time to complete: 20 minutes

ID: 97647046

[Mental Health Histories and Mental State Examination \(MSE\)](#)

Overview of what may be included in a mental health history and components of a mental state examination.

Time to complete: 20 minutes

ID: 94214371

[Working with People who Self-harm](#)

Understanding self-harm, common risk factors and therapeutic responses.

Time to complete: 20 minutes

ID: 102025504

[Risk and Protective Factors](#)

Interventions to promote protective factors for psychosis, and understanding of the stress-vulnerability model.

Time to complete: 20 minutes

ID: 97888120

[Culturally Sensitive practice](#)

Strategies for working with people from Culturally And Linguistically Diverse (CALD) backgrounds, and their understanding of mental illness.

Time to complete: 20 minutes

ID: 97553113

[Mental Health and Mental Illness Across the Lifespan](#)

The way in which mental illnesses may present in different age groups.

Time to complete: 20 minutes

ID: 94211912

[Working with People with Borderline Personality Disorder](#)

Overview of the condition's aetiology. Includes a lived experience of Borderline Personality Disorder and key principles of treatment and care, risk assessment, managing a crisis etc.

Time to complete: 20 minutes

ID: 97702282

[Risk Assessment and Management](#)

Tools to assess and manage clinical risk.

Time to complete: 20 minutes

ID: 94088736



Mental Health training

[North-East Mental Health Service Co-ordination Alliance \(NEMHSCA\): Harm Reduction](#)

Use of Harm reduction measures in Mental Health settings, relapse prevention of psychosis and Trauma Informed Care.

[Queensland Council of Social Services \(QCOSS\)](#)

Provides free training for the community services sector. Please register for a free online account [here](#). Recommended video:

[Respond holistically to client issues](#)

Engaging clients and responding holistically to their issues.

General Training

[Association of Children's Welfare Agencies \(ACWA\)](#)

These free online courses are available to support staff who work with children, young people and/or their families.

Recommended Training: Making effective referrals

When to refer a client, referral options and how to improve referral outcomes. Course comes with a self paced Learner's Guide.

Online and telephone resources



Co-occurring resources

Key =  Counsellors/clinicians available

[Brother to Brother](#)

Phoneline: 1800 435 799

24 hour helpline for Aboriginal men. The phone line is staffed by Aboriginal men, including elders.

Telephone support and referral.

Offers healing and behavioural change groups via Zoom.

Drug and alcohol worker available

[National Drug and Alcohol Research Centre \(NDARC\)](#)

[Double Trouble: Drugs and Mental Health \(Revised\), 2007.](#)

Describes different mental illness' and signs and symptoms and specific drugs and their effect on mental health

[Grow](#)

1800 558 268

Mental health support groups and wellbeing programs (online and in person)

Programs for carers

Residential program for comorbid AOD dependence and Mental Health issues (located at West Hoxton).

[Touchbase](#)

A consumer focused website with information on substance use, mental health and sexual health in LGBTI community.

Includes AOD and mental health resources and *Get Support* links

Comorbid Alcohol and Other Drug resources

[Alcohol and Drug Foundation \(ADF\)](#)

Includes a service directory and fact sheets about drugs.

[Text the effects](#): 0439 tell me (0439 835 563)

Text the name of a drug and a return text will contain information about that drug and include a link with further information.

[Alcoholics Anonymous](#)

Phone: 1300 222 222

Provides online/ in person meetings. Website includes directory of in person meeting locations and information for professionals



Comorbid Alcohol and Other Drug resources

Key =  Counsellors/clinicians available

[Alcohol and Other Drugs Advisory Service \(ADIS\)](#)

Phone: (02) 9361 800 or 1800 250 015

Email: adis@stvincents.com.au

24/7 service that provides education, information, referral, crisis counselling, support, and resources.

Telephone or webchat available.

Support to individuals, friends, family, and health professionals.

Counsellors available

[Cracks in the Ice](#)

Information on methamphetamine for individuals, family and carers, health professionals and community.

Fact sheets, webinars and directory of support services.

Resources can be ordered by completing an online form.

Register to subscribe.

[Drinks Meter](#)

Free smartphone app that provides confidential and personalised feedback to cut back on alcohol use.

Includes tools to reduce consumption, spending tracker, calculates kilojoules and standard drinks and information on AOD services.

[Counselling Online](#)

For Alcohol or Other Drug issues

24/7 Online email and counselling available

Peer forums and support for family and carers

Telephone directory for crisis support and mental health issues

Registration required (no identifying details)

Clinicians Available

[Crystal Meth Anonymous](#)

Phone: 0414 660 851

Email: info@crystalmeth.org.au

Abstinence based, 12 step recovery program

Online and in person meetings in South Eastern Sydney northern sector (i.e. Surry Hills)

[Family Drug Support](#)

Phone: 1300 386 186 (24/7)

Support line for families, friends and carers

Provides support groups, meetings and events.

Website includes videos about group meetings and other information.

Support workers available



Comorbid Alcohol and Other Drug resources

Key =  Counsellors/clinicians available

[Hello Sunday Morning](#)

Information and resources to quit or reduce alcohol consumption, understand stages of change and assist others to quit or reduce use and immediate and long-term effects of alcohol.
Includes contact details for mental health and AOD crisis support.
[Daybreak App](#) – is a free smartphone application that provides a platform for individuals to share their journey, receive support from peers and care navigators.

[Insight](#)

Website is for health workers and includes education, training, guidelines, and brief intervention tools.
Registration required to subscribe.

[Narcotics Anonymous](#)

Phone 1300 652 820 or 0488 811 247
Website provides information and resources for NA members, individuals, professionals, and the community.
Provides online/ in person meetings. Website includes directory of in person meeting locations and information for professionals.
Information and resources are also available in other languages.

[iCanQuit](#)

Phone: 13 78 48 (Quitline)
Online resources for smokers: information, tips, tools and community support.
Information also available in Arabic, Vietnamese and Chinese.
Register online.
Clinicians Available

[My QuitBuddy](#)

Free smartphone app to support people who smoke to quit.
Includes tips, distraction tools and an online community.

[NSW Health](#)

Local Health District Drug & Alcohol Intake lines
Information, support services, clinical guidelines, treatment options and services.
Webchat link with Alcohol & Other Drugs Information Service (ADIS) worker



Comorbid Alcohol and Other Drug resources

Key =  Counsellors/clinicians available

[NSW Health Medicinal Cannabis Medicine Helpline](#)

Phone: 1800 217 257

Information for patients and general public on medicinal cannabis and trials.

Further information, resources and fact sheets available on website.

[SMART Recovery](#)

Online and in person meetings providing evidence based support groups (CBT and motivational interviewing techniques).

Support for family, friends and carers.

Worksheets and tools available

Group facilitators are qualified professionals or peers

[Your Room](#)

Alcohol and other drug resources, information, support, games, and tools to assess knowledge and own substance use.

Website includes a drink calculator.

Information on different treatment options and services available.

[PeerLine – NSW Users and AIDS Association \(NUAA\)](#)

Phone: 1800 644 413 (Mon-Fri 9am -5pm)

Email: peerline@nuaa.org.au

Peer support, referral and information for people who use drugs.

[Stimulant Treatment Line \(STL\)](#)

Phone: (02) 9361 8088 (Sydney metro)

1800 101 188 (Regional and rural NSW)

The STL is a NSW state-wide telephone service providing education, information, referral, crisis counselling and support for stimulant use.

Comorbid Disorders Mental Health Resources



Key =  Counsellors/clinicians available

[Beyond Blue](#)

Phone: 1300 224 636 (24/7)

Telephone, online, email and support forums.

Information, resources, tools for screening and diagnosis of mental health disorders.

Mental Health professionals available through phonenumber and webchat

[EMBRACE Multicultural Mental Health](#)

For multicultural communities to access services, resources, information in a culturally accessible format.

Information, webinars and training available for professionals.

Register to access framework, education, and training.

[eMHprac](#)

Directory of Australian, evidence-based, free (or low-cost), publicly funded digital mental health programs and resources.

Services are listed under diagnosis specific populations or delivery mode preference including Alcohol or Other Drugs support.

Services for carers are included.

[Black Dog Institute](#)

Mental health related information, screening tools with printable report, support groups and fact sheets.

Website also includes webinars, podcasts, and education.

Register details to access community portal.

[eHeadspace](#)

Phone: 1800 650 890

Telephone and online counselling for young people aged up to 25 years old.

Group chats and individual support and counselling provided.

Information for individuals, family, and carers.

Registration required

[Head to Health](#)

Mental Health online and phone support, resources, and treatment options. Includes peer support forums, resources for carers and information on Alcohol and Other Drug services.



Comorbid Disorders Mental Health Resources

Key =  Counsellors/clinicians available

[Mens Line](#)

Phone: 1300 789 978 (24/7)
24-hour mental health support for men providing counselling via phone, online and video chat.
Information available on AOD use.

[One Door Mental Health](#)

Phone: 1800 843 539
Provides education, training, and information on clinical and support services.
Provides carer support and support workers are available post hospital discharge.

[ReachOut](#)

Mental health service for young people, parents, and carers.
Includes educational articles, tools, and phone apps.
Provides a free and anonymous online community discussion forum.

[Neami national](#)

Phone: 03 8691 5300
Email: reception@neaminational.org.au
Mental health support for patients and carers by people with a lived experience.
The SESLHD Neami service is based at Hurstville. One on one coaching and support can be provided for people with severe mental health issues.

[Project Air](#)

Includes fact sheets, help tools, guidelines, manuals, and training, including workshops for consumers and health professionals.
Services contact list and support group information available for carers.

[SANE Australia](#)

Phone: 1800 187 263 (10am – 10pm)
Provides support services including phone and online counselling.
Peer support available through lived experience and family and carer forums.
Fact sheets and resources available including comorbidity.



Comorbid Disorders Mental Health Resources

Key =  Counsellors/clinicians available

[Survivors & Mates Support Network \(SAMSN\)](#)

Phone: 1800 472 676

Individual support, support groups and drop-on meetings available. Information, consultation, and training for survivors of childhood sexual abuse, supporters, and service providers.

Lived experience workers and others expertise for advisory groups, organisational meetings and policy development.

[Well Mob](#)

Resources for frontline workers for Indigenous people.

Provides links to online counselling services (from different organisations)

[WayAhead](#)

Website directory for services and support groups including fact sheets (including AOD comorbidity) and information for family and carers.