

DID YOU KNOW THESE FACTS?



of teens ages 13-18 have a diagnosable mental and/or addictive disorder.



of all cases of mental illness begin by the age of 14 – **75%** by the age of 24.



of those who misuse substances have COD.

IF YOU ARE CONCERNED ABOUT YOURSELF, APPROPRIATE TREATMENT CAN HELP:

- See a mental health and/or substance use professional, if possible someone with experience treating COD.
- If you're a student, see someone in your guidance department or counseling center to find local resources.

IF YOU ARE CONCERNED ABOUT A LOVED ONE:

- Share what you have noticed.
- Tell them appropriate treatment can help.
- Be there to provide support and hope.

CO-OCCURRING DISORDERS AWARENESS

CODA

OUT OF THE SHADOWS AND INTO THE LIGHT



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Sources include: SAMHSA, National Institute for Mental Health, Mental Health First Aid