

TEENS. MENTAL HEALTH. SUBSTANCE MISUSE. COD.



Co-Occurring Disorders (COD) means a person has both a mental health disorder(s) like anxiety, depression, bipolar, and/or post-traumatic stress disorder; and, misuses substances like alcohol, prescription medications, and other illicit products.

OVER 10.2 people have COD,
OMILLION yet most have never heard of it.

THERE ARE 3 BASIC CATEGORIES OF COD:

- 1** Those who have a mental health disorder(s) and misuse substances in a misguided attempt to manage or "self-medicate."
- 2** Those who misuse substances and experience negative impact to the brain, causing them to think and act differently.
- 3** Those who are predisposed to both mental health and substance use disorders.

Genetics, environment, trauma, and traumatic brain injury can be additional risk factors.