## Don't suffer in silence

No matter your bad experiences, **No Wrong Door** is here to help you get the support you need.

Our goal is to improve your access to support. We achieve this by working together with you and mental health services.

We understand that it will be hard work for you. You may find yourself struggling, but we are here to help you through the system.

## How to contact *No Wrong Door*

**North and Mid Hampshire:**
NWDInclusionNM@mpft.nhs.uk

**South East Hampshire:**
NWDInclusionSE@mpft.nhs.uk

**South West Hampshire:**
NWDInclusionSW@mpft.uk

NHS inclusion – Recovery Hampshire –



Our service offers a free and confidential service to residents of Hampshire.
We believe individuals are capable of changing their lives and our role is to empower you to do it.

## Contact *us*

@ ir.hants@mpft.nhs.uk
0300 124 0103
www.inclusionhants.org

## You. Me. *Us*

Inclusion Recovery Hampshire is provided by inclusion - a specialist service of Midlands Partnership University NHS Foundation Trust (MPFT). Find out more at **www.inclusion.org.**

NO WRONG DOOR HAMPSHIRE & ISLE OF WIGHT

NHS inclusion – Recovery Hampshire –

# Co-occuring Conditions

## What you need to know...




Inclusion Recovery Hampshire
@Inclusion_hants
www.inclusionhants.org

## What is meant by a co-occuring condition?

If you are experiencing mental health difficulties and also using substances such as alcohol or drugs you have a co-occurring condition. This means you have more than one factor you need support with.

You may be using substances to manage your feelings, or your mental health difficulties could have started using drugs or alcohol. It doesn't matter what came first.

You could have already spoken to your GP about the way you are feeling, and could have already been referred for support with your mental health. In the past, people using substances have been told they can't access mental health services whilst they are using them. This has changed, and the No Wrong Door Team are here to help you to access the support you need!

## What are mental health difficulties?

This is a term used for a wide range of conditions that involves changes in your mood, emotions, thinking and/or behaviour. Some conditions are more common such as anxiety and depression.

## Mental health and substance use

We know there is a connection between mental health and drug or alcohol use.

Many people experiencing mental health difficulties use substances. They do this to cope with their emotions or distract themselves.

The No Wrong Door Team connects your GP to substance misuse services. They include Inclusion and Catch22. It also links mental health services like CMHT and Talking Therapies.



## What has happened in the past?

You were referred for mental health support but rejected due to substance use.

You struggle to handle life without your addiction. You can't find a solution to receive the necessary help.

Many people have experienced the same thing – so it's important to know you are not alone. No Wrong Door was created to prevent this from happening again, making sure you have the help you need.

## Mental health and substance use

Tell us if you have a mental health condition alongside your use of substances

We decide with you whether a joint assessment with mental health services is best for you at this time

We contact mental health services and arrange for a joint assessment

We all meet and agree a Care Plan with some goals

We support you to achieve these goals and make sure that you receive the support you need

...it's that simple!

## What do I do next?

Speak to your recovery worker or other health professional and ask them to refer you to No Wrong Door.

We will contact you to discuss whether a joint assessment is appropriate. This assessment may involve CMHT, Talking Therapies, or other mental health support sources.

If No Wrong Door is not right for you, we'll suggest another way to support you.