

# CO-OCCURRING CAREGIVERS SUPPORT GROUP

*For family members and friends of adults  
with mental illness and substance use  
concerns*

## MAKE CONNECTIONS

Our groups will allow you to connect with others who:

- Understand the challenges you face and the opportunities ahead
- Feel the same way you do
- Have had the same experiences
- Will help you learn new coping skills
- Will share their successes and strategies with you

## WHAT TO EXPECT

Our family support groups are:

- Led by trained volunteers with lived experience
- Drop-in, no regular attendance required
- Free
- Confidential and safe
- Last about 90 minutes
- For family members and friends of adults with mental illness and substance use concerns

## ABOUT SUBSTANCE USE CONCERNS

Substance use disorders — the repeated misuse of alcohol and/or drugs — often occur simultaneously in individuals with mental illness, usually to cope with overwhelming symptoms. The combination of these two illnesses has its own term: dual diagnosis, or co-occurring disorders. Either disorder (substance use or mental illness) can develop first. According to the National Survey on Drug Use and Health, 17 million U.S. adults experienced both mental illness and a substance use disorder in 2020.



## MEETING DETAILS



1st + 3rd Tuesday of the month



6:00 - 7:30 PM



Meets Virtually on Zoom  
Please reach out to support  
group facilitator (below) for  
zoom link

## Support Group Facilitators



**PAM & BARB**

 **603.320.1818** (Pam)

 [PamelaFallonBanks@gmail.com](mailto:PamelaFallonBanks@gmail.com)