Concurrent Disorders

Information for patients and families

Read this information to learn:

• what a concurrent disorder is
• how the University Health Network Concurrent Disorder Service can help
• where else you can get help
• who to call if you have any questions
What is a concurrent disorder?

Having a concurrent disorder means having 2 or more disorders, with at least one being a mental health disorder (problem) and the other being a drug use disorder.

The kinds of concurrent disorders and how serious the problems are can be very different for each person.

Some examples of mental health and drug use disorders that can be called concurrent disorders include someone having:

- mild symptoms of anxiety with sometimes drinking a lot of alcohol (or binge drinking)
- more serious symptoms of anxiety along with drinking alcohol and overusing prescription medicines every day
- symptoms of depression along with using marijuana regularly and cocaine sometimes
- a history of trauma, the symptoms of Post- Traumatic Stress Disorder (PTSD) along with drinking alcohol and using crack cocaine heavily
- the symptoms of a psychotic disorder, such as schizophrenia, along with drinking alcohol and using marijuana

How can the UHN Concurrent Disorder Service help?

The Concurrent Disorder Service is part of the Addictions Outpatient Services at Toronto Western Hospital (TWH). This service helps:

- patients who may be having a concurrent disorder
- community partner agencies
- other in-hospital programs
The team at the Concurrent Disorder Service can help by:
- meeting with you and reviewing your case
- doing an assessment and giving you treatment suggestions
- doing a psychiatric assessment
- referring you to other services
- providing short-term counseling and support
- teaching you different strategies to cope

Where else can I get help?

There are other hospital programs that can help such as:
- Women’s Own Withdrawal Management Centre (TWH)
- Ossington Men’s Withdrawal Management Centre (TWH)
- UHN Psychiatry Department

You can also get help through our community partner agencies. These include:
- Jean Tweed Centre
- Women’s Residence Shelter
- St. Stephen’s Drop-in/Odette Place
- Toronto Aboriginal Care Team

Concurrent Disorders Support Services (CDSS) can refer you to a number of different community agencies and hospitals. You can call CDSS at:
Phone: 416 364 8228, extension 365

Who can I call if I have any questions?

If you have any questions, please call Addictions Outpatient Services at:
Phone: 416 603 5735
The office is open Monday to Friday from 8:30 am to 4:30 pm