



Co-Occurring Disorders: Depression and Alcohol Use

Alcohol use disorder (AUD) and depression often occur in tandem. Learn how to recognize these two conditions using the information below.

DEFINITIONS

Depression: Depression is one of the most common mental health disorders in the U.S. It can happen at any age. Depression is diagnosed when a depressed mood or a loss of interest or pleasure in daily activities occurs for more than two weeks. The mood represents a change from the person’s baseline.

Alcohol Use Disorder (AUD): Problem drinking that becomes severe is diagnosed as an AUD. Depression and anxiety are two of the most common mental health conditions associated with AUD.

SIGNS AND SYMPTOMS

DEPRESSION*

- Depressed mood or irritability most of the day nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).
- Decreased interest or pleasure in most activities, most of the day.
- Significant weight change or change in appetite.
- Change in sleep (insomnia or hypersomnia).
- Fatigue or loss of energy.
- Suicidality to include thoughts of death or making a suicide plan.

** Not everyone who is depressed experiences every symptom.*

AUD

- Drinking more or longer than you intended.
- A desire to cut down or stop drinking but cannot.
- Spending a lot of time drinking.
- Drinking often interferes with taking care of your home or family or causes problems with your job.

Risky alcohol use is drinking more than the single day or weekly amounts identified as low-risk drinking.

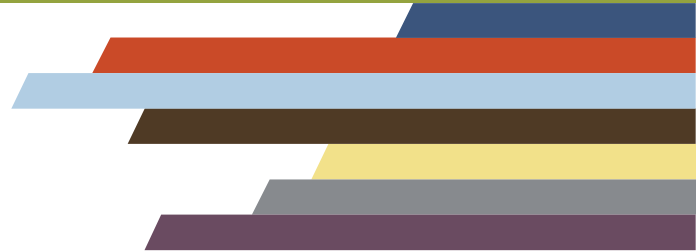
Harmful alcohol use is drinking more than the single day or weekly amounts identified and having negative effects from drinking such as accidents, not being able to stop drinking, or not doing what you normally do (work, family, school) because of drinking.

	MEN		WOMEN	
	On any single DAY	No more than 4  drinks on any day	No more than 3  drinks on any day	
Per WEEK		No more than 14  drinks on any Week	No more than 7  drinks on any week	

RESOURCES

- National Alliance on Mental Illness (NAMI)
 - Call 1-800-950-6264 or email info@nami.org
- National Suicide Prevention Lifeline
 - Call 1-800-273-8255
- Rural Prevention and Treatment of Substance Use Disorders Toolkit
 - ruralhealthinfo.org/toolkits/substance-abuse
- SAMHSA National Helpline at 1-800-662-HELP (4357)
- Alcohol Addiction Hotline (American Addiction Centers) at 1-855-831-2384
- Alcohol Patient Education available at sbirt.care/education.aspx

ATTACH LOCAL RESOURCES OR CONTACT INFORMATION BELOW



SAMHSA

Substance Abuse and Mental Health
Services Administration

These materials were prepared by the Mountain Plains and Mid-America Mental Health Technology Transfer Centers and the Mid-America Addiction Technology Treatment Center under a cooperative agreement (H79SM081792) from the Substance Abuse and Mental Health Services Administration (SAMHSA). All materials, except those taken directly from copyrighted sources, are in the public domain and may be reproduced or copied without permission. Do not reproduce or distribute this for a fee. At the time of this publication, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Mountain Plains and Mid-America MHTTCs and Mid-America ATTC, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred. The work of the Mountain Plains MHTTC, Mid-America MHTTC, and Mid-America ATTC is supported by grant H79SM081792 from the Department of Health and Human Services, SAMHSA.



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Mid-America (HHS Region 7)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration