

Holistic support vital for healing

While substance misuse and mental health problems have long been recognised as separate entities, increasing attention is being focused on the co-occurrence of these issues and the need for approaches to dealing with both in a holistic manner.

The link between drug and alcohol misuse and mental health has been well documented.

A 2007 Australian National Survey of Mental Health and Wellbeing indicated that up to 84 per cent of people who accessed treatment for substance misuse also experienced mental health concerns.

A 2010 Australian National Survey of Psychosis also highlighted the link between mental health and substance use. According to the survey, more than half - 50.5 per cent - of the 1875 participants had a history of alcohol abuse or dependence. A larger proportion - 54.5 per cent - had a history of illicit drug abuse or dependence.

The State Government is working to improve services for Western Australians with mental illness or alcohol and other drug problems with a record \$734 million being provided through the 2013/14 budget.

A more coordinated focus on mental health and alcohol and other drug issues, including co-occurring

problems, will be tackled through the planned amalgamation of the Mental Health Commission and Drug and Alcohol Office in early 2014.

Many alcohol and drug treatment service providers are also playing their part in responding to these issues.

One such provider is Holyoake, which provides tailored support to address the emotional, physical, social, and environmental needs of its diverse clients.

Holyoake counsellors believe it is vital to support a broad range of needs, particularly substance misuse concerns and the mental wellbeing of clients.

"We acknowledge that alcohol and drugs are often used to cope with deeper personal issues that can result in mental health concerns," Holyoake CEO Angie Paskevicius said.

"Looking beyond substance misuse with a 'no wrong door approach' offers a new experience to enriched client wellbeing."

For more information about Holyoake visit holyoake.org.au.

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Have an early night

When your car runs low on fuel - you fill it up. When you run low on fuel make sure you do the same.

Sleep is a great reviver. Late nights drain the energy

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