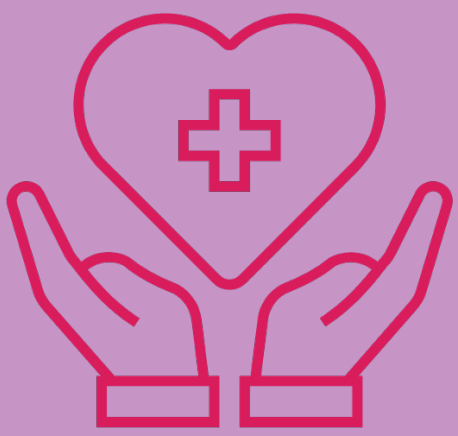


LANDMARK RECOVERY

4 Resources to Seek Professional Help For Co-Occurring Disorders:



A Healthcare Provider

Your healthcare provider can help diagnose and treat co-occurring disorders or refer you to a specialist who can.



Mental Health Professionals

Mental health professionals, such as psychiatrists, psychologists, and licensed therapists, are trained to help people with co-occurring substance use problems and mental health issues.



Addiction Treatment Centers

These drug and alcohol rehab centers offer a range of services, including medical detoxification, inpatient treatment, outpatient treatment, and counseling.



Peer Support Groups

Support groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) can provide a supportive community and help you maintain recovery if you're someone who struggles with drugs or alcohol.