

## Session 2: Exploring the Relationships Between Substance Use and Mental Health

This worksheet is designed to explore the relationship between substance use and mental health. First, list all of the legal, illicit, and prescribed substances currently being used, either regularly or periodically. Second, list the current mental health and social problems. Then, look for ways in which the two columns interact.

Substances Currently Being Used	Mental Health and Social Problems

**What is the *perceived* coping potential of the substances used (e.g. substance related beliefs)?**

**What is the impact of the substance use on mental health?**