



ACAR

Australian Centre for Addiction Research

Drinking too much and depressed?

Depression and anxiety tend to go hand in hand with excessive drinking. However, people who suffer from these co-existing conditions are reluctant to seek assistance. The correspondence method has proven successful in reducing alcohol consumption in those acknowledging a drinking problem. ACAR is currently conducting a nationwide study on the effectiveness of correspondence programs that aim to help those with both a drinking problem and anxiety or depression. Like the Controlled Drinking by Correspondence Program, the National Comorbidity Management Program (NCMP) is based on the principles of Cognitive Behaviour Therapy and Motivational Interviewing. The program material includes strategies on how to manage alcohol use and/or mood.

The National Comorbidity Management Program is funded by the Alcohol Education and Rehabilitation Foundation (AERF).

If you are interested in the National Comorbidity Management Program, please contact us by [email](#) or telephone on 1800 006 577.