



EXPLORING MENTAL HEALTH AND DRUG USE TOGETHER

(adapted from "Tandem Timeline" developed by Nexus and VDDI)

1. Record what drugs or alcohol you use each day.
2. Separately, record how you felt, how your mood was and anything else about your mental health.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WHAT I USED							

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOW I FELT (MOOD AND MENTAL HEALTH)							

3. Look at what you used and when? Think about when the effects would have worn off. Look at what days you didn't use or didn't feel like using anything. What was your mood or mental health like on these days? When did you feel at your best? When did you feel at your worst? It may be useful to talk with a supportive adult, friend or support worker to review the information from both tables.
4. Can you start to see any patterns emerging?
5. Repeating this a few times may help.