

Substance Use Disorders are Treatable

Treatment may include **medications, counseling and behavioral therapies, physical and mental health care, and recovery support.**



TREATMENT IS DIFFERENT FOR EVERYONE

There is no single treatment that works for everyone. Treatment can change as a person's needs change. The right approach depends on the substance they use, their health, goals, and support needs.

Medications Can Help

FDA-approved medications are available for opioid and alcohol use disorders and can help support recovery. But many people who could benefit from them do not receive them.

OPIOID USE DISORDER

ONLY 1 IN 4

people with opioid use disorder receive medication treatment.

ALCOHOL USE DISORDER

ONLY 2.5%

of people with alcohol use disorder receive medication treatment.



Did you know?

There are 3 FDA-approved medications for opioid use disorder, 3 for alcohol use disorder, and several to help people quit smoking.

What Can Treatment Include?

Addiction affects systems in the brain involved in **reward, learning, stress, and self-control**. Treatment can help reduce cravings, build healthier behaviors, manage stress and health needs, and provide support for recovery.



MEDICATIONS

- Reduce cravings and withdrawal symptoms
- Reduce or block the effects of some substances
- Help the brain and body stabilize

Why It Helps

When cravings and withdrawal are less intense, it can be easier to focus on recovery and make different choices.



COUNSELING AND BEHAVIORAL THERAPIES

- Recognize what triggers cravings
- Learn ways to cope
- Build motivation and healthier habits

Why It Helps

Addiction involves powerful learned behaviors. With practice, people can learn new patterns and responses.



PHYSICAL AND MENTAL HEALTH CARE

- Manage withdrawal safely
- Help with sleep, mood, and stress
- Support overall health and well-being

Why It Helps

Withdrawal, stress, and health issues can increase the urge to use. Addressing them can support recovery.



SUPPORT FOR RECOVERY

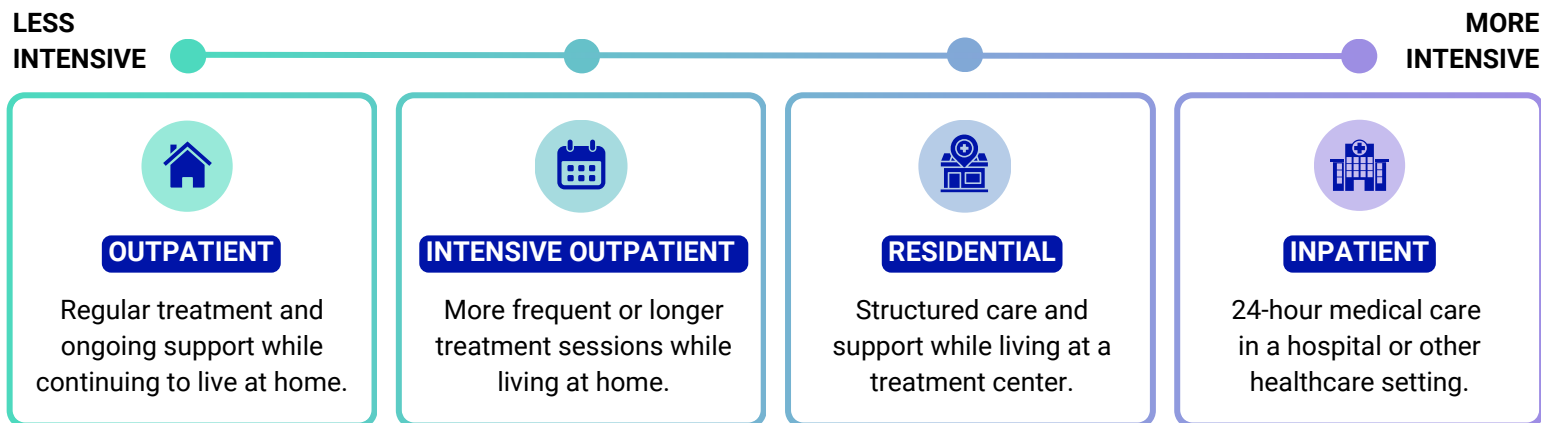
- Family, friends, and peers
- Recovery and mutual-help groups
- Healthcare, housing, and community support

Why It Helps

Supportive relationships provide connection and practical support that can make recovery more stable.

Treatment Can Happen in Different Settings

People may need different levels of care and support. Some people receive care while living at home. Others may need more frequent support, a temporary stay at a treatment center, or 24-hour medical care.



The right level of care depends on a person's needs.

A healthcare professional can help determine the right level of support, which may change during recovery.

What to Look for in Treatment

Treatment should use methods that are proven to work and consider the whole person. This includes substance use, physical and mental health, and recovery support.

- ✓ What types of treatment do you offer?
- ✓ How will you decide what treatment is right for me?
- ✓ Are medications available if they are right for me?
- ✓ What help do you provide for my physical and mental health needs?
- ✓ How will I know if treatment is working?
- ✓ What support and resources are available during and after treatment?

Ready to Take the Next Step?

You don't have to know what type of treatment you need before asking for help.



Talk to a healthcare professional or addiction specialist about your treatment options.



Visit [FindTreatment.gov](https://www.findtreatment.gov) to find treatment programs near you.



Call SAMHSA's national helpline: 1-800-662-HELP (4357).



Call or text 988 for a mental health, suicide, or substance use crisis.