

## Substance misuse truth

# Everyone needs a little extra support

So you're ready to address substance misuse and addiction for yourself or a loved one, but not sure where to go? Trying to keep it private? Embarrassed? Yes, it's hard to reach out for support. To admit you need it takes guts, but it's those little extra steps, along with treatment, that can keep you or a loved one moving forward toward recovery.

| The truth is that getting support:                                                                    | Why it matters:                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Makes you stronger.</b>                                                                            | Sharing your struggles isn't a weakness; it's a strength. To talk about it helps you cope and heal.                                                              |
| <b>Helps surround you with the right people to get you care.</b>                                      | Support groups, health professionals, behavioral health facilities and doctors are there to help you get through it. Lean on others when you need specific help. |
| <b>Motivates and inspires everyone.</b>                                                               | It's easier to keep going when you're surrounded by acceptance and encouragement for each other's struggles, from peers who are also substance-free.             |
| <b>Reinforces the message that it's not your fault, but you do have the ability to change things.</b> | It can happen to anyone. Blame and shame don't help your self-worth or help you or your loved one recover. Empower yourself to keep going.                       |
| <b>Helps you parent to prevent or address substance misuse.</b>                                       | It's a great way to talk with other parents about everything kids misuse – from alcohol to pain medicine to household items – and what to do about it.           |
| <b>Means taking advantage of resources for the whole family.</b>                                      | It affects the whole family so get help for everyone. Find out if you have programs or counseling services through work, like an employee assistance program.    |



## Where to start?

- Your doctor (it's confidential)
- Employee Assistance Program (EAP)
- LiveHealth Online: [livehealthonline.com](https://livehealthonline.com)
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)
- SAMHSA: [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)
- Partnership for Drug-free Kids: [drugfree.org](https://drugfree.org)
- Local recovery centers: [recovery.org](https://recovery.org)
- Extra resources: [whatsupwithopiods.org/connector](https://whatsupwithopiods.org/connector)



Speak to your family doctor or other health professional right away if you're concerned someone you know could be misusing substances.

This information is meant to educate, not serve as medical advice. See your doctor for medical advice about your health.

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