



First steps toward help

You can recover from opioid addiction.

According to the National Institute on Drug Abuse, every day, more than 115 people in the U.S. die after overdosing on an opioid. Opioids include prescription pain relievers, heroin and synthetic opioids such as fentanyl.

Resources for you

You can start getting help right away.

- Your family doctor can be a great help. He or she may suggest substance abuse treatment.
- Find treatment help in your area. Go to the Substance Abuse and Mental Health Services Administration. www.samhsa.gov/treatment
- Learn about getting better from drug problems. www.recovery.org
- Find drug support groups for families and friends. See Nar-Anon Family Groups. www.nar-anon.org

Where do you get treatment?

You may go to an office-based treatment program for substance abuse. Or, treatment could be in a hospital. This will depend on your needs.

Medication-assisted treatment

Treatment programs often include medicine. This works well in treating opioid use problems. Medications can help ease people's cravings for drugs.

Counseling—a key part of treatment

Substance abuse counseling is very helpful. Through counseling, people learn ways to lessen and stop their drug use.

Relapse prevention

Doctors will first want you to be successful in treatment. Then your friends, family and your medical team will need to work together. The goal will be to spot the signs of relapse—or starting drug use again—if that happens to you.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Healthcare does not endorse other resources that may be mentioned here.