## National Institute on Drug Abuse (NIDA)

# Find Treatment/Rehab Resources

https://www.drugabuse.gov

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# Drug Treatment Facts

Most people who are addicted can't stop using drugs just because they want to. They won't feel OK until their bodies and brains stop feeling a need for the drug. Sometimes medicines can make it easier to stop taking the drug, without feeling sick.

But getting the drug out of a person's system is just the first stage of treatment.

People with addictions also need to change how they do things so they can live healthy lives again without drugs.

Often they became so focused on getting and using drugs that:

- **They did not care for their family, their work, or their community.** People with addictions often are in a lot of trouble for breaking rules and not keeping their promises.
- **They did not look after their health.** People with addictions might not be eating or sleeping well, cleaning their teeth, or getting treated for infections. Their drug use might have caused health problems.
- **Things they used to enjoy no longer make them feel good.** Drugs have made them stop caring about hobbies, interests, and friends.

Talking with doctors or counselors (people trained to listen and help you solve personal problems) or other people in treatment can help.

Call **1-800-662-HELP (4357)** at any time to find drug treatment centers near you.

# Does Drug Treatment Work?

Yes. People who get treatment and stick with it can stop using drugs. They can change their lives so they don't go back to taking drugs. But they have to try hard and for a long time.

A person can make mistakes, feel bad, and start using drugs again. This is called a relapse. If that happens, the person should get back into treatment as quickly as possible. Relapse happens to a lot of people recovering from drug addiction.

Stopping drug abuse is like trying to diet and lose weight. It's hard to learn to do things differently, like eat less, exercise more, and avoid some favorite foods. It's easy to slip up, eat too much, and gain back the weight. But then you have to try again.

It's the same with quitting drugs. People with addictions might get treatment, slip up, and then go back to treatment many times before it works. It's important to get treatment for as long as you need it.

# Types of Drug Treatment

You often hear about famous people with drug problems going into rehab. Different types of rehab work for different people. It depends on how bad the drug problems are and what drugs the person is addicted to.

Some treatment happens in hospitals or in clinics where the person stays overnight. Other treatment happens during the day at clinics and doctor's offices, and the person can go home at night. But a person in treatment should not be around other people who are using drugs, even family members in the same home.

Medicines can help people stop using some drugs, such as alcohol, tobacco, heroin, and some prescription painkillers. Some medicines can help them feel less bad when they first quit. Other medicines can help people stay off these drugs.

- One medicine makes people throw up and feel sick if they drink alcohol. It helps them choose not to drink, since they know it will make them feel sick.
- Other medicines make people want the drug less.
- Some medicines block the high feelings people get when they take the drug. That can also make it easier to quit.

But not all drug addictions are treated with medicine.

Talking about your feelings with counselors (people trained to listen and help you solve personal problems) is also an important part of treatment. It is often called "talk therapy." It can be just between you and a counselor. Sometimes family members will join the talk therapy session to help solve family problems. Or you might talk with other people in treatment, in a group led by a counselor.

Talking helps people with addictions:

- Understand why they got addicted.
- See how drugs changed their behavior.
- Learn how to deal with problems so that they don't want to escape by getting high.
- Learn to avoid places, people, and situations where they might be tempted to use drugs.

# What Is a Relapse?

Sometimes people quit their drug use for a while, but start using again no matter how hard they try. This return to drug use is called a relapse. People recovering from addiction often have one or more relapses along the way.

Drug addiction is a chronic (long-lasting) disease. That means it stays with the person for a long time, sometimes for life. It doesn't go away like a cold. A person with an addiction can get treatment and stop using drugs. But if he started using again, he would:

- Feel a strong need to keep taking the drug.
- Want to take more and more of it.
- Need to get back into treatment as soon as possible.

He could be just as hooked on the drug and out of control as before.

Recovery from addiction means you have to stop using drugs AND learn new ways of thinking, feeling, and dealing with problems. Drug addiction makes it hard to function in daily life. It affects how you act with your family, at work, and in the community. It is hard to change so many things at once and not fall back into old habits.

Recovery from addiction is a lifelong effort.

# Find Treatment/Rehab Resources

You can call this toll–free number at any time to find drug treatment centers near you.

**1-800-662-HELP (4357)**

You can also dial "0" to ask the telephone operator for phone numbers of drug abuse support groups near you:

- Alcoholics Anonymous (AA)—for people with alcohol addiction
- Narcotics Anonymous (NA)—for people with other drug addictions

For support groups for family members and friends of people with drug problems:

Al-Anon and Alateen
1-888-4AL-ANON (1-888-425-2666)
Monday–Friday, 8 a.m.–6 p.m. Eastern Time

For information and help to quit smoking:

In your state
1-800-QUITNOW (1-800-784-8669)
http://smokefree.gov/

Call from anywhere
1-877-44U-QUIT (1-877-448-7848)
http://www.cancer.gov/cancertopics/tobacco/smoking

For help if you or a loved one feels sad, hopeless, or suicidal:

National Suicide Prevention Lifeline
1-800-273-TALK (1-800-273-8255)
http://www.suicidepreventionlifeline.org/

# Friends and Family Can Help

Some people want treatment so they can learn how to stop using drugs and start to regain their lives.

Other people are so deep in their addiction that they don't want to be in treatment. Many drug users go into treatment because the police, their job, or family members make them do it. It might take a while for them to understand that they have a problem and want to stop using drugs. But treatment can work **even when someone doesn't want it**.

When friends and family show that they care, it can help people stick with treatment even when it's very hard.

There are many things you can do to help someone in treatment:

- Find treatment services and information
- Offer rides to treatment and support groups
- Remind the person to take any medicine they are given
- Help them find a place to live, if they need one
- Help them get a job, if they need one
- Find things to do that will take their mind off drugs
- Help them avoid places and people that might tempt them to take drugs again
- Talk with them about their feelings and drug cravings
- Understand if they relapse, and help them get back into treatment quickly