

I knew I had to stop for the sake of my children.

-Tessa





There is hope. Recovery is possible.

Find treatment and services:

SAMHSA National Helpline: **1-800-662-HELP**

Health Center Locator: **findahealthcenter.hrsa.gov**

Behavioral Health Treatment Services Locator: **findtreatment.samhsa.gov**

Opioid Treatment Program
Directory by State: **dpt2.samhsa. gov/treatment/directory.aspx**

Call 911 right away if you suspect an overdose.

Give naloxone if available.

What you need to know about treatment and recovery:

- Opioid use disorder is a chronic and relapsing disease that affects the body and brain.
- Treatment can help people struggling with opioid use disorder and can prevent overdose deaths.
- No single treatment method is right for everyone, but combining behavioral therapy with medication is proven to be the most effective approach.

Resources are available to help you learn about preventing prescription opioid misuse and overdose. Visit **cdc.gov/RxAwareness**.