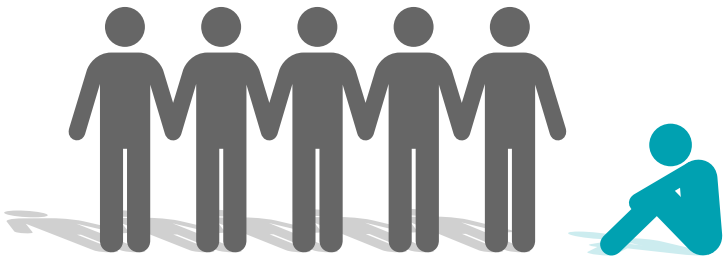
Dealing with addiction

Get help for alcohol and drug abuse



Recognizing a problem

It's important to understand that addiction is a disease. Drug and alcohol abuse can alter brain function and behavior, creating changes that persist long after drug use has stopped.

Many people who struggle with addiction have difficulty accepting that they have a problem. Ask yourself if you or a loved one is showing signs of:

- Continued use despite negative consequences
- Tolerance to the substance
- Intense cravings
- Loss of control
- Physical dependence or withdrawal symptoms when not using

Finding treatment

Meet with your doctor

Contact a doctor, counselor or other health care provider who specializes in drug problems for next steps.

Get a referral now

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides a 24-hour, free and confidential referral and information service for dealing with substance abuse, prevention and recovery.

Helpline: Call 1-800-662-HELP (4357)
Website: findtreatment.samhsa.gov

Source: National Institute on Drug Abuse, National Council on Alcoholism and Drug Dependence
Substance Abuse and Mental Health Services Administration

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