You are not alone

Often those suffering with another mental health disorder may self-medicate with substances. About 1 in 13 working adults struggles with an alcohol use disorder, according to a SAMHSA 2017 National Survey on Drug Use and Health. More than 10 million U.S. adults have both a mental health and an addiction disorder. Around 68% of the more than 70,000 drug overdose deaths in 2017 involved an opioid.

Substance use disorder doesn’t discriminate

Every year nearly 2 million adolescents (ages 12-17) are diagnosed with a substance use disorder. While men are prone to misuse a wider range of illicit substances that are available, women are just as likely to develop a substance use addiction. Additionally, the National Institute on Drug Abuse reports that alcohol misuse by women has increased in recent years.

Things that can help:

- Exercise
- Social Supports
- Nutrition
- Stress Reduction
- Sleep

Treatment works!

Parents, teachers, teens, and health professionals can learn more about treatments for different types of drugs at the National Institute on Drug Abuse.

Social support is key to maintaining emotional health and well-being.

You don’t have to be suicidal to use a crisis line – speak to someone about how you’re feeling or if you’re worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting ‘TALK’ to 741741
Call the Suicide Prevention Lifeline at 1-800-237-8255

Did you know?