

Top Ten Things Everyone Should Know About **Addiction**

1

Addiction is treatable with medications, therapy, and other supports, including groups, individual, and family/friend integrated approaches.

2

No one chooses to develop an addiction; addiction is not caused by a moral defect.

3

Addiction can affect anyone; some groups of people are more impacted by addiction because of societal marginalization and discrimination.

4

Opioid overdose can be reversed by medications such as naloxone and nalmefene.

5

We can help prevent and treat addiction by recognizing the signs of addiction and encouraging treatment.

6

Return to use is a common part of the recovery process. It's an opportunity to learn and does not mean treatment failed.

7

Just because a substance is legal, doesn't make it safe. Talk to your doctor about all substances you use.

8

People with addiction often experience anxiety, depression, and other mental illnesses. Talk to your doctor about treatment.

9

Talking openly with kids about the risks of substance use can help prevent addiction.

10

Many people with addiction can be effectively treated in community clinics; others may need residential or hospital care.

