

Know the Facts About Substance Use Disorder

FACT ONE:

ADDICTION IS A DISEASE

Substance use disorder, commonly known as addiction, is a disease that impacts thousands of Hoosiers.

1 IN 12 HOOSIERS
meet the criteria for substance use disorder

FACT TWO:

TREATMENT IS AVAILABLE

Treatment takes time but there are many highly effective options available, from medication-assisted treatment to 12-step programs.

FACT THREE:

RECOVERY IS POSSIBLE

People can recover from substance use disorder with the right treatment plan and support.



Know the facts.

Are you or someone you love struggling with addiction? Get support:

Find treatment: TreatmentAtlas.org

Speak to a recovery specialist or get connected to resources: [2-1-1](tel:211)

SAMHSA's National Helpline:
[1-800-662-HELP \(4357\)](tel:18006624357)

The 988 Suicide & Crisis Lifeline: [9-8-8](tel:988)

Find local recovery resources at in.gov/recovery

Know the facts.

For more information on ending the stigma around substance use disorder, visit:

SeeBeyondTheAddiction.org



Division of Mental Health and Addiction

 Shatterproof
Treatment Atlas

Know the Facts is an initiative of the State of Indiana, intended to reduce stigma related to substance use disorder.

These photos do not represent individuals suffering from substance use disorder or living in recovery.



WILL YOU LET MY ADDICTION CHANGE HOW YOU SEE ME?

Let's end the stigma.

Help End the Stigma

We can all do our part to help Hoosiers affected by this disease. Here are five ways you can help:

See the Person

Choosing to see the person, not just their addiction is the first step to ending the stigma around substance use disorder. When we reduce negative perceptions around the disease, people feel more comfortable seeking treatment.

Start the Conversation

We give less power to shame and stigma when we speak up. Maybe you have a friend who is struggling with an addiction. Maybe a loved one doesn't understand that addiction is a disease. Talk to them — you never know where a conversation could lead.



Help Find Treatment

Does someone in your life have a substance use disorder? Without trying to fix the problem or force them into recovery, try talking to them about treatment options.

Find treatment at TreatmentAtlas.org

Support Those Living in Recovery

There are a lot of ways you can support Hoosiers living in recovery. Increase your knowledge about different substance use disorders, volunteer your time at recovery organizations, go to a support group meeting with a loved one, or attend local events.



Change How We Talk About Addiction

Much of the language people use to talk about addiction can be stigmatizing. Changing your language can help change perceptions. Not sure what to say? Use this handy chart:

SAY THIS	NOT THIS
Person with substance use disorder	Addict, user, druggie, junkie, abuser
Disease	Drug habit
Person living in recovery	Ex-addict
Person arrested for a drug violation	Drug offender
Substance dependent	Hooked
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery, substance-free	Stayed clean
Negative drug screen	Clean
Positive drug screen	Dirty drug screen