MONTHLY WELL-BEING NEWSLETTER: YOU ARE NOT ALONE — SUPPORT FOR SUBSTANCE USE DISORDER

This month, we're focusing on understanding SUD, recognizing signs, and reminding everyone that reaching out for support is a sign of strength.



Many people struggle with stress, anxiety, or coping challenges at some point in their lives. Sometimes these challenges lead to increased alcohol or drug use. For some, this can develop into Substance Use Disorder (SUD). What matters most is this: you are not alone, and help is available.

What is Substance Use Disorder?

Substance Use Disorder is a medical condition that affects a person's brain and behavior. It leads to an inability to control the use of alcohol, prescription medications, or other substances.

It is not a moral failing. It's not a personality flaw or something people "should just get over." It is treatable, and millions of people recover every year with the right support.

Common Signs Someone May Be Struggling

Everyone's experience is different, but some common signs include:

+ Using substances to cope with stress or emotions
+ Feeling like you need more of a substance to get the same effect
+ Difficulty cutting down or stopping
+ Changes in sleep, mood, or energy
+ Withdrawing from friends, family, or hobbies
+ Trouble concentrating or performing at work
+ Using substances in unsafe situations

If you notice a few of these signs in yourself or someone close to you, it may be time to reach out.

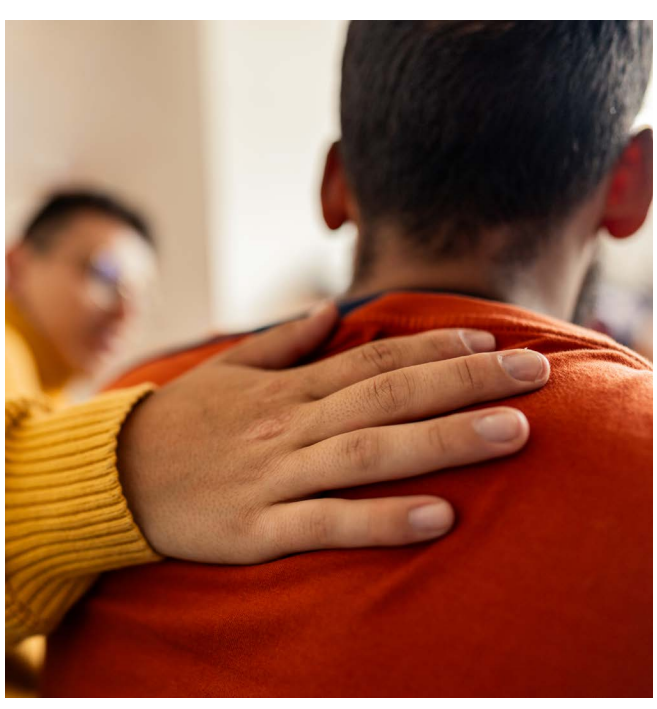
Where to Find Help

Your Employee Assistance Program

Many organizations offer an EAP that includes free substance abuse counseling services. These services are 100% confidential.

Your Health Insurance

Your medical carrier likely has substance abuse resources. You can also find in-network therapists who specialize in addiction treatment.



Treatment Centers

Both inpatient and outpatient treatment centers are available. Finding quality care matters. Learn more about ***finding quality addiction treatment centers here.***

SAMHSA National Helpline

The ***Substance Abuse and Mental Health Services Administration (SAMHSA)*** offers free, confidential help 24/7. Connect with treatment and mental health referrals near you:

+ Call 1-800-662-HELP (4357)
+ Text your zip code to HELP4U (435748)



Join Us for a Free Webinar:

Beyond the Stigma: Understanding Substance Use and Finding the Path to Recovery

WHEN
Jan. 14, 1:00 PM CT

WHERE
Online. ***Register here.***