

ADDICTION IS MORE COMMON THAN MOST THINK.

1 in **10** Americans has a substance use disorder



MYTHS ABOUT ADDICTION

1 **People who are addicted lack willpower.**
FALSE. Drug addiction changes the way the brain and body work, impairing willpower and self-control.

2 **All addicts are the same.**
FALSE. Addiction can affect anyone. However, factors like economic status, race, age, career, or education may sometimes increase a person's risk.

3 **Prescription drugs are safe drugs.**
FALSE. Just because a doctor prescribes a drug does not mean it's safe to take. For example, prescription opioids can cause addiction even if a person takes them as prescribed.

4 **Addiction is a sign of moral failure.**
FALSE. This assumption is unfounded and only exists due to unfair stigma. Bottom line is addiction can happen to anyone.

5 **Only one type of treatment works.**
FALSE. The treatment process will look different for everyone. Treatment should be individualized to address each person's needs.

SIGNS you may be overusing SUBSTANCES OR ALCOHOL



A need to drink/use more alcohol/drugs to achieve the same effects



Losing interest in activities and hobbies that you once found pleasure in



Feeling as though you need alcohol/drugs to function or to steady your nerves



Preferring to arrange your social life around alcohol/drugs and becoming anxious if you have to go somewhere where there won't be any



Lying to loved ones about your use or hiding evidence of it because you think they won't understand



Experiencing withdrawal symptoms, particularly in the morning when you wake up

THERE IS HELP.

RESOURCES:

Odyssey House Louisiana:

28-Day Inpatient Treatment

3-6 Month Outpatient with Housing

Community Health Center

(504) 821-9211

www.ohlinc.org

Alcoholics Anonymous:

(504) 838-3399 (24 Hour Hotline)

Narcotics Anonymous:

(504) 899-6262

UNITY Welcome Home (housing assistance):

(504) 899-4589