

Help For Substance Use Disorder

If you have a substance use disorder (SUD), you should know that you can get help to recover.

Substance use disorders:

- Often go on for years
- Can become severe and lead to death
- Can be treated – recovery is possible!

Counseling, therapy, and community-based support groups can:

- Help you start on the road to recovery
- Help you learn coping skills to handle stress
- Give you tools to use to get to recovery and to help you stay in recovery

Types of Counseling

Therapists and counselors can help you get to the root of your problems so you can make positive changes in your life. There are many types of counseling for people in recovery and their families.



Individual Counseling

Talking one-on-one with a therapist in a safe and private space can help you better understand your thoughts and feelings and make positive change in your life. You and your therapist will decide together how many sessions you need.



Group Counseling

Group counseling sessions are led by therapists and involve a group of people with similar struggles and goals. Group counseling can help you create a support system, learn from other people, and develop new skills.



Family Therapy

Family therapy can help you and your family learn healthy ways to relate to each other so they can support you in your recovery. You decide who you call “family.” For example, family could include close friends who want to support you.

This information is not intended to take the place of medical advice. Always follow your health care provider’s instructions.

Types of Treatment

The first step in choosing a treatment is to complete a **Level of Care assessment**. This assessment helps you and your provider choose the treatment plan that is best for you. Treatment can be provided in both inpatient and outpatient settings.



Inpatient

At times, it is most helpful to be in a safe, supportive place that offers round-the-clock care. If inpatient treatment is right for you, you will get care at a treatment center for an agreed upon length of time. You may transfer to an outpatient setting when you leave.



Outpatient

Outpatient treatment happens in an office setting. You may start in an inpatient program and then transfer to an outpatient program, or you may begin treatment in an outpatient setting.



Medication-Assisted Treatment

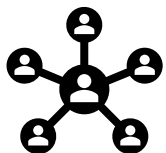
Medication-assisted treatment combines medicine with counseling, therapy, and other supports. You and your therapist will decide if medication-assisted treatment is right for you.

Types of Support



Support Groups

You may also attend community-based support groups. These are often free and available in a neighborhood near you. They are held on multiple days and times to fit your schedule.



Peer Support

Peer support can be led by a Certified Recovery Specialist (CRS). A CRS is someone in recovery who draws on their own lived experience with substance use disorder. CRS peer support can help you develop a sense of independence while achieving a recovery supported lifestyle.

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Where to Turn

National Resources

1. SAMHSA National Helpline

1-800-622-HELP (4357)

TTY: 1-800-487-4889

Free, 24-hour/365-day information service for people facing mental health and substance use disorders and their family members. It is available in English and Spanish. Visit the website here: <https://www.samhsa.gov/find-help/national-helpline>.



State Resources

2. PA Department of Drug and Alcohol Programs

1-800-622-HELP (4357)

Free, 24-hour/365-day service for people who need help finding a treatment provider or funding for addiction treatment in Pennsylvania. Visit the website here: <https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx>.



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