

What Can I Do About My Addiction?

Recovery is common — millions of people are in it right now. There are more doors than most people know about, and you don't have to hit "rock bottom" to walk through one.

First steps

- **SAMHSA National Helpline: 1-800-662-4357** — free, confidential, 24/7 referrals to treatment, support groups, and community resources. Also [findtreatment.gov](https://www.findtreatment.gov).
- **Tell your doctor.** Primary-care doctors treat addiction routinely, can manage withdrawal safely, and can prescribe medications that help (for alcohol and opioids especially).
- **Don't detox from alcohol or benzodiazepines alone** — withdrawal from these can be dangerous. Get medical help.

Treatment options (pick what fits)

- **Outpatient counseling** — therapy while living your life.
- **Intensive outpatient or inpatient programs** — more structure when you need it.
- **Medication-assisted treatment** — proven medications reduce cravings and overdose risk.
- **Peer support** — AA, NA, SMART Recovery, and other groups. Free, everywhere, and online. SMART Recovery is a science-based, non-12-step option.

While you work on it

- Treat the pain underneath (trauma, depression, anxiety) — it's the engine.
- Tell one person you trust. Secrecy is fuel.
- If you use opioids, carry naloxone (Narcan) — it reverses overdoses and is available without a prescription in most places.
- Relapse is a common part of recovery, not the end of it. What matters is coming back.

Addiction and suicidal thoughts often travel together. If tonight is dark, call or text 988 — they understand both. This guide is education, not medical advice.

In crisis or struggling? Call or text 988 (Suicide & Crisis Lifeline, free, 24/7) · Chat at 988lifeline.org

Beyond September™ is an awareness and education initiative — not a medical, therapy, or crisis service. This guide is general education, not medical advice.

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