

Cancer; Diabetes; Heart Disease; Multiple Sclerosis...

Stronger Together.

DO I HAVE AN ADDICTION?

Boston University School of Public Health's website provides online tests to gauge drug use and advice about cutting down or getting professional help. www.drugscreening.org.

TREATMENT WORKS

PROFESSIONALS CAN HELP

A variety of health professionals can help people with a substance use disorder. They include:

- Primary care physicians
- Addiction specialists
- Mental health professionals
- Peer recovery support staff

There are always ways to help yourself or your loved one.

- The Addiction Workbook is a self-help guide may assist some people to overcome their alcohol or other drug dependence disorder. [http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252]
- Responsible Drinking: A moderation management approach for problem drinkers with worksheet assist people who are not addicted to alcohol but wish to curb their use. http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252

> SOURCES

(Office of Applied Studies, NSDUH Series H-38A, HHS Publication No. SMA

http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm#7.2 NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide (Second Edition)

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