MILLIONS of people enter recovery from substance use each year. Like other chronic health conditions, substance use disorders typically require long-term involvement with the health care system and informal networks of support to promote and sustain recovery.

21 million people ages 12 or older needed substance use treatment for problems related to alcohol or drugs in 2016. Only 10.6% received treatment.

Get the FACTS:

- Approximately 20.1 Million people ages 12 or older had a substance use disorder related to the use of alcohol or illicit drugs in 2016.
- More than 72,000 Americans died from a drug overdose in 2017.
- Alcohol misuse contributes to 88,000 deaths in the United States each year.


Offering support to those experiencing mental and substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the support needed.

### What You Can Do to Help

- Learn where people can go for assessment and counseling if alcohol or drugs are causing problems in their lives [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) or call the National Helpline, 1-800-662-HELP (4357) or 1-800-487-4889 (TDD)
- Call your local AA, NA or AV; visit [www.aa.org](http://www.aa.org), [www.na.org](http://www.na.org), and [www.celebraterecovery.com](http://www.celebraterecovery.com). Attend a 12-step or other recovery meeting with a hesitant friend or family member.
- If you are in recovery, read some people are now sharing their recovery stories [https://facesandvoicesofrecovery.org/resources/recovery-stories.html](https://facesandvoicesofrecovery.org/resources/recovery-stories.html) and [www.facingaddiction.org/?home](http://www.facingaddiction.org/?home).
- If you or anyone you know is taking an opioid pain medication or other opioid like heroin, learn about the overdose reversal medication Naloxone [www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio](http://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio) and ask your doctor for a prescription.

### About the Opioid Epidemic

- On average, 115 Americans die every day from an opioid overdose. Since 1999, the number of overdose deaths involving opioids (including prescription opioids and heroin) quadrupled. From 1999 to 2016 more than 630,000 people have died from drug overdoses. [www.cdc.gov/drugoverdose/epidemic/index.html](http://www.cdc.gov/drugoverdose/epidemic/index.html)
- Find a treatment program that utilizes medications for addiction treatment. As with other chronic diseases like diabetes and heart disease that require ongoing medical support, medications may be needed to help stabilize the person who has a substance use disorder medically and stop cravings so that the person can continue recovery.
- Find a doctor who is authorized to treat opioid disorders utilizing buprenorphine medication: [www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator](http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator)
- Hear from others how medications made a difference in their recovery: [http://planyourrecovery.com/stories/](http://planyourrecovery.com/stories/)