

# Overcoming Opioid Addiction:

*How Your Assistance Program Can Help*

**Are you or someone you know struggling with opiate or opioid addiction? You are not alone.**

Opioids are highly addictive, and their misuse can lead to serious health consequences, including death. The good news is that help is available through your Assistance Program.

## **Opioid Use Disorder is a Medical Condition**

Opioid use disorder (OUD) is a serious medical condition that requires professional help. Addiction to opioids can have devastating effects on your physical and mental health, as well as your relationships and overall quality of life. It can also impact your work, causing absences, decreased productivity, and even job loss.

## **Recovery is Possible**


The good news is that recovery from OUD is possible. With the right treatment and support, people with OUD can manage their addiction, reduce their risk of overdose, and rebuild their lives.

## **How Your Assistance Program Will Help You**

*Your Assistance Program provides confidential support and resources to help you overcome opioid addiction. You have access to:*

- Licensed, professional counselors available 24/7 who can assess your situation, determine next steps and refer you to appropriate treatment options
- Specialists who can answer legal and financial questions and provide affordable referrals
- Confidential counseling services for you and your family members
- Support and guidance through the recovery process





According to the National Institute on Drug Abuse, about 1.6 million people in the U.S. suffer from Opioid Use Disorder.\*

## What Recovery and Treatment Look Like

Recovery typically involves a combination of medication-assisted treatment, counseling, and support groups. Medications such as methadone, buprenorphine, and naltrexone can help manage cravings and withdrawal symptoms. Counseling and support groups can provide emotional support, teach coping skills, and help you build a support network.

## Opioid Safety

It is important to take precautions to prevent opioid misuse and overdose. Prescription drug monitoring programs, state prescription drug laws, and education around safe storage and disposal can help in preventing prescription opioid misuse, and overdose.

## How You Can Support Others Dealing with Opioid Addiction

*If someone you know is struggling with opioid addiction, there are things you can do to help. You can:*

- **Ask if you can help.** Support from family, friends, co-workers, and others makes a difference in the recovery process.
- **Be supportive and work to reduce stigma.** Stigma can stop people from seeking help for their condition. Recognize that opioid addiction is a medical condition, not a moral failing.
- **Carry Naloxone,** which can reverse overdose and prevent death. It is a non-addictive, life-saving drug that can reverse the effects of an opioid overdose when administered in time. A person who takes or is given Naloxone should get emergency medical care as soon as possible. Naloxone is available without a prescription, but specific details vary from state to state.
- **Connect them with support groups or other resources like:**
  - **Your Assistance Program** – Visit [allonehealth.com/member-support](https://allonehealth.com/member-support)
  - **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** – Call 800-662-HELP or visit [samhsa.gov](https://samhsa.gov)
  - **Narcotics Anonymous** – Visit [na.org](https://na.org)

## Remember,

opioid addiction is a treatable medical condition. With the right support and treatment, recovery is possible. If you or someone you know is struggling with opioid addiction, contact your Assistance Program for confidential support and resources.

**Confidential,  
24/7 assistance is  
available for you  
and your family.**

Visit  
[allonehealth.com/  
member-support](https://allonehealth.com/member-support)

\*National Institute for Drug Abuse <https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>