



Did you know?

You are not alone

Often those suffering with another mental health disorder may self-medicate with substances. About 1 in 13 working adults struggles with an alcohol use disorder, according to a SAMHSA 2017 National Survey on Drug Use and Health. More than 10 million U.S. adults have both a mental health and an addiction disorder.

Around 68% of the more than 70,000 drug overdose deaths in 2017 involved an opioid.

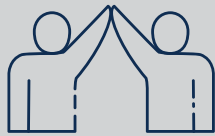
Substance use disorder doesn't discriminate

Every year nearly 2 million adolescents (ages 12-17) are diagnosed with a substance use disorder. While men are prone to misuse a wider range of illicit substances that are available, women are just as likely to develop a substance use addiction. Additionally, the National Institute on Drug Abuse reports that alcohol misuse by women has increased in recent years.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

Parents, teachers, teens, and health professionals can learn more about treatments for different types of drugs at the [National Institute on Drug Abuse](https://www.nida.nih.gov/).

Social support is key to maintaining emotional health and well-being.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741
Call the **Suicide Prevention Lifeline** at 1-800-273-8255

MindWise.org

