

Change Your Mind. Disrupt the Stigma.



Odds are, you know someone living with substance use disorder, a chronic mental health condition that affects almost

21 million Americans.

It reaches all types of people in our community, from teachers and parents to athletes and first responders. From retirees to professionals in all fields.



Substance use disorder unravels the brain, rewiring it to function as if the substance is more essential for survival than anything else.

Treatment can mend the brain,

counteracting the disruptive effects of substance use and restoring dopamine receptors over time.

Yet, only 10% of people with SUD will receive treatment.

Why?

Lack of awareness of available resources.

Accessibility issues or financial strain.

Lack of social support.

Stigma surrounding use and recovery.

Changing your mind about substance use disorder could save lives.

- 1** | First, call it what it is: substance use disorder is a chronic disease that changes the brain.
- 2** | Next, recognize that recovery is possible. It's hard, but it's sustainable through treatment and with support.
- 3** | Then, talk about it. The stigma of substance use disorder keeps many from seeking the treatment they need. Giving the disease a voice stops stigma and breaks down barriers to care.

**Disrupt the stigma.
Be a helper. Save a life.**

