



# What is problematic substance use?



**2 in 3**

Incarcerated people have problematic substance use



**1 in 3**

Adults on probation or parole have problematic substance use



**1 in 2**

Americans age 45+ with problematic substance use report being lonely



**1 in 6**

Americans aged 12+ who used substances received treatment



Using more than you meant to

Can't cut down or stop



No time for anything else



Experiencing urges to use



Needing more substance to get the same high



Sweating, shaking, anxiety when you don't use



Missing responsibilities (work, school, home) because of use



Keep using even with consequences (e.g., parole stipulated)



Losing friends, relationships (they comment on use)



Using when it's physically dangerous (e.g., DUI, working construction intoxicated)

## *Individual Therapy*

### *Support Groups*

*Meet peers in recovery  
Socializing in sober environment*

### *Group Therapy*

### *Medication*

*Can help relieve withdrawal symptoms and cravings; maintain sobriety; prevent overdose*

**National Helpline:** 1-800-662-HELP (4357)  
**AA and NA remote meetings** (Google search)  
**SMART Recovery:**  
<https://www.smartrecovery.org/>

**NA Chat:** <https://www.neveraloneclub.org/>  
**NA by phone:** <http://www.nabyphone.com/>  
**Cocaine Anonymous:** 310-559-5833  
**Women for Sobriety:** 215-536-8026