



Name _____ Class _____ Date _____

Drug Abuse Changes Lives

Addiction to drugs or alcohol can take over your life. Getting more drugs and getting high can become all you think about. And it makes it hard for you to enjoy the things that used to make you happy.

If you think a friend or family member has a problem with drugs, talk to an adult you trust, like a parent, coach or teacher, right away. Remember, treatment is available and *people can get better*.



Where to Go for Information & Help



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

Recovering from Addiction

If a long-term user stops taking drugs, the person feels tired and sad, and experiences **strong cravings** for the drug. These feelings can last for a long time, until the brain (and the person) recovers from addiction. Fortunately, scientists have figured out how many drugs work, which helps them develop treatments for addiction.

Options that have been successful in treating addiction include:

- *behavioral counseling*
- *medication*
- *medical devices and applications used to treat withdrawal symptoms or deliver skills training*
- *evaluation and treatment for co-occurring mental health issues such as depression and anxiety*
- *long-term follow-up to prevent relapse*





Name _____ Class _____ Date _____

Drug Abuse Changes Lives



What is Addiction? _____

Research Places to go for Information & Help

The National Institute on Drug Abuse (NIDA):

The



Gen

PREVIEW

Sub

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

Successful Options for Treating Addiction

- _____
- _____
- _____
- _____
- _____