



Getting Help for Opioid Addiction



Overview

Opioid addiction is overwhelming. It robs you of happiness and health. It can steal away your family and friends. But it is treatable. With the right support, you can beat opioid addiction. Let's learn about treatment options.

Medicines

Some people use medications to help quit. Methadone and buprenorphine are both used to treat opioid addiction. These reduce withdrawal symptoms and cravings. Naltrexone, another drug, can take away the high you feel from opioids. These drugs can be part of a successful treatment plan.

Counseling and therapy

Counseling is another great tool. You may benefit from one-on-one counseling. You may go to counseling with your family. You may join a support group. Through counseling, you learn ways to change your behavior. You learn how to think more positively. Your counselor can help you set goals, and find ways to reach them. Counselors can also help find other resources to help you as you recover.

Residential and hospital programs

And finally, you may have success in a residential or hospital program. With this type of program, you live full-time at a treatment center. Or, you may come on an outpatient basis. These programs are highly structured settings. They help monitor you and keep you safe. They can provide a wide range of treatment options.

Conclusion

Now is the time to get help for your opioid addiction. Don't wait. The sooner you reach out, the sooner you can be on the road to recovery. For more information, talk to your doctor.