

First Annual


SUBSTANCE USE DISORDER TREATMENT MONTH


IT'S OKAY TO ASK FOR HELP.




This month serves to support:

- People contemplating or seeking help for their substance use
- Practitioners treating or considering treating substance use disorder
- Friends, family, and loved ones of those with substance use conditions

 Visit **SAMHSA** for more information

 Connect with Care Team at 817-735-2740

 Learn more about substance use treatment and recovery with **RecoverMe**

SUBSTANCE USE DISORDER TREATMENT MONTH

Supporting Those Seeking Recovery

In January, we are honoring the inaugural Substance Use Disorder Treatment Month — a dedicated time to increase awareness, promote understanding, and provide support for individuals seeking treatment.

To support someone on their recovery journey:

- **Start the Conversation:** Be compassionate and create a safe space for sharing. Use supportive phrases like, “I’m here to listen if you’re ready to talk.”
- **Encourage Small Steps:** Share local resources and remind them that recovery isn’t linear; it’s okay to take it one day at a time.
- **Offer Practical Support:** Assist in researching treatment options and celebrate small milestones to show encouragement.
- **Educate Yourself:** Learn about substance use disorders and recognize relapse signs to respond supportively. [SAMHSA](#) houses evidence-based resources and tools dedicated to reducing stigma around recovery.
- **Be Patient:** Understand recovery is a journey; avoid pressure while expressing care and willingness to help.

Small, meaningful ways to support our HSC peers:

Build Trust

- Be a consistent and reliable friend.
- Share resources like [TimelyCare](#) and [Find Treatment](#).

Involve Lived Experience

- Listen to classmates who share their recovery journeys.
- Learn from their perspectives to foster understanding and compassion.

Practice Trauma-Informed Care

- Approach others with empathy and without judgment.
- Encourage safe, supportive environments in your study groups, clubs, or organizations.