

## LEARN ABOUT

# TREATMENT FOR OPIOID USE DISORDER



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

## What is Treatment?

Treatment helps people stop misusing opioids and build a healthier life. It usually combines medication, counseling, and support

## Types of Treatment

These medications are safe, effective, and could save a life.

- **Methadone**  
A daily medication provided at a clinic that helps reduce cravings and withdrawal symptoms
- **Buprenorphine (Suboxone)**  
A medication prescribed by a healthcare provider that helps ease withdrawal symptoms and reduce cravings
- **Naltrexone**  
A monthly shot or pill that blocks the effects of opioids

## Signs of Opioid Use Disorder

Knowing the signs can help you or someone you care about access support early. Opioid Use Disorder is a medical condition, not a weakness or a choice.

## Common Signs to Look For

- Feeling like you need opioids just to get through the day
- Changes in sleep, mood, or appetite
- Missing school or work more often
- Losing interest in activities once enjoyed
- Lying or sneaking around to get or use opioids
- Experiencing withdrawal symptoms when not using, such as sweating, chills, stomach upset, or anxiety

## Other Supports

- Learn healthy coping skills and build confidence in recovery
- Connect with others in recovery through programs such as Narcotics Anonymous (NA) or peer support groups
- Have supportive loved ones involved to strengthen recovery and provide encouragement

## Lifestyle Tips for Recovery

- Build healthy routines, including proper sleep, regular exercise, hobbies, and nutritious meals to help the brain heal
- Avoid people or places that trigger the use of opioids
- Use positive stress outlets like art, music, sports, and journaling