

# Are drugs or alcohol affecting your life?

Individuals may use or misuse drugs and alcohol. With treatment and support, substance use disorder is manageable, and recovery is possible!

## Signs of drug or alcohol abuse include...

- Changes in eating or sleeping habits
- Sudden weight changes
- Lying about how much or how often they use substances
- Impatience, depression, mood swings, nervousness, or fear
- Taking money for drugs or alcohol
- Trouble keeping up at home, work, or school
- Less interest in hobbies
- Nausea, sweating, shaking, headaches, or other withdrawal symptoms
- Red or watery eyes, pupils larger or smaller than usual



Find local  
resources  
on back!

## Recovery is possible! Options for help include...

- **Therapists and Counselors who specialize in addiction** can provide support during the recovery process for individuals, couples, and families.
- **Peer Recovery Coaches** are people in recovery who have been trained to help others. They help people start treatment, rebuild their lives and stay in recovery.
- **Alcohol and Drug Detoxification (Detox)** provides medical observation and support during the first few hours or days when a person stops using drugs or alcohol. Detox can be a first step to long-term recovery.
- **Medically Assisted Treatment** provides medications, under the care of a doctor, to treat the symptoms of addiction to opioids, alcohol or nicotine in combination with therapy and/or peer support.
- **Adult Residential and Inpatient Treatment** provide a structured, safe, and supportive environment outside of the home to focus on recovery 24-hours a day.
- **Intensive Outpatient Programs (IOP)** provide group counseling several times a week for 6-8 weeks. These services are usually in the evenings and may be a good option for parents and people who are unable to take time off work for residential treatment. They can also be helpful following residential treatment.
- **Extended Care and Aftercare Programs** provide support to individuals after completing residential, inpatient, or outpatient treatment programs.
- **Recovery Housing** provides a supportive place to live where people in recovery can improve their health and gain skills to sustain their recovery.
- **Adolescent and Young Adult Recovery** services help teens and young adults recover from their alcohol and drug use.

## Getting help

- **Call 9-1-1** in a LIFE THREATENING EMERGENCY!
- **Naloxone** is a drug that can stop an opioid overdose and save a life. First responders carry this life-saving drug. It is also available without a prescription at many pharmacies, so people who know others who may be at risk for an overdose can keep it close by.
- **Call Outreach, Screening, Assessment, and Referral (OSAR)** at (844)309-6385 for free substance use screening and referrals to treatment services.
- **Call 512-472-HELP (4357)** Integral Care's 24/7 Helpline provides around-the-clock crisis support as well as access to substance use treatment programs.
- **Call 2-1-1** for free and confidential information and referral to community services.
- **Sober Austin** [soberaustin.com](http://soberaustin.com) provides information on the prevention, treatment, and ongoing recovery from substance use disorder.
- **Psychology Today** [psychologytoday.com/us](http://psychologytoday.com/us) offers a directory of therapists, psychiatrists, and treatment facilities by zip code, type of insurance, the specific issues you seek services for, and any other preferences (faith, language, gender of provider, etc.).
- If you have health insurance, contact your insurer for a list of participating substance use health care providers and facilities.
- The **Family Medical Leave Act** may provide job-protected unpaid leave from work while you or a family member receive treatment. Contact your employer's Human Resource department to find out if you are covered.

## Long-term support

- **Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)** are communities of people who share their experience, strength, and hope to recover from alcoholism and drug addiction through a 12-step process. Groups are available in English and Spanish and are free. To find the closest group, visit [www.aa.org](http://www.aa.org) or [www.na.org](http://www.na.org).
- **SMART Recovery (Self-Management and Recovery Training)** is an alternative to 12-step programs. Through face-to-face or online meetings, people learn self-help tactics to empower them to abstain and to develop a more positive lifestyle. Visit [www.smartrecovery.org](http://www.smartrecovery.org) to find a group near you.
- **Al-Anon and Alateen** are support groups for people whose lives have been affected by someone else's drinking. Groups are available in English and Spanish and there are no membership dues or fees. Visit <https://al-anon.org/newcomers/teen-corner-alateen/> or <https://al-anon.org/> for groups near you.
- **Communities for Recovery** offers peer recovery, support groups, educational workshops, health and wellness classes, a computer lab and help with housing and employment. Visit <https://cforr.org/> or call (512) 758-7686.