



**WE'RE JUST A CALL,
TEXT OR CHAT AWAY.**



**CALL:
(855) 581-8111**



**TEXT:
(855) 895-8398**



**CHAT:
YourLifelowa.org**

**See the
person.
Not the
addiction.**



**See the
person.
Not the
addiction.**

**PEOPLE CAN GET THE HELP
THEY DESERVE.**

**People
struggling
with
addiction are
STILL PEOPLE.**

They have family and friends they care about and people that care about them. They have hobbies and interests. They love and want to be loved, and they have a powerful disease. What they need is help and hope, not judgment.

After all, it can be hard to reach out when you're worried about what people will say and think about you. Mistreatment and misinformation causes people to delay getting help.

**WITH HELP AND HOPE,
RECOVERY IS POSSIBLE.**

Addiction is a powerful disease. And it can happen to anyone.

No one wants to experience addiction, none of us think it will happen to us. Addiction is a chronic brain disease, also known as a substance use disorder. Research shows that this condition causes structural and chemical changes to the brain, which leads people to feel compelled to use more and more — even if it causes them harm.



SOME PEOPLE HAVE MORE RISK FACTORS THAN OTHERS.

It's not exactly known why some people can use a drug once, or many times without developing an addiction, while others may overdose or become addicted quickly. Research shows that some individuals are more likely to develop this disease depending on many factors, like:

GENETICS — If you have close family members who have experienced addiction, you're more likely to as well.

AGE — Using substances at an early age (teens or earlier), while the brain is still developing, is another risk factor for developing addiction.

ENVIRONMENT — Kids who watch people in their life use substances are more likely to use drugs or alcohol themselves. Easy access to substances in their school or neighborhood increases their risk of experimentation and possible addiction as well.

MENTAL HEALTH ISSUES — Having depression, anxiety, bipolar disorder and other mental health conditions can increase a person's chance of developing addiction.

HOW YOU CAN HELP.

If you know someone who you think may have a substance use disorder, you can help by:

- Letting them know you're there for them, treatment works and that recovery is possible. Although you can't force someone to get help, your support and hope can mean the world to someone in need.
- Carrying naloxone, which is a life-saving medication that can reverse opioid poisoning/overdose and prevent death when administered in time. This medication is available at many Iowa pharmacies for free and without a doctor's prescription needed. Find a participating pharmacy at www.naloxoneiowa.org/
- Changing your language to recognize addiction as a chronic medical condition. Look for guidance on removing harmful language from your vocabulary.

IT'S TIME TO PUT AN END TO THE STIGMA.

Let's change the conversation surrounding addiction. We know that substance use disorders are not something a person can control. Now is the time to focus on supporting those affected by substance use. By changing the conversation, we enable people with addiction to reach out for the help that they need to start a life in recovery.

People who live in recovery benefit our communities and state.

You can always turn to Your Life Iowa.

Watching someone you love struggle with substance use can take a toll on your mental health and physical well-being. That's why it's important to remember to take care of yourself when trying to help others.

If you need a shoulder to lean on or want help knowing what to say to someone with a substance use disorder, Your Life Iowa is here for you. 24/7.