

# I WANT TO STOP MY SUBSTANCE USE

Take this quiz to see what you know about stopping substance use. Put a check in the box for true or false. Then, check your answers on the back.

True or false quiz — Stopping Substance Use	True	False
1. Addiction is a chronic or long-term disease.	<input type="checkbox"/>	<input type="checkbox"/>
2. Untreated mental illness puts me at risk for substance abuse.	<input type="checkbox"/>	<input type="checkbox"/>
3. Stopping my substance use suddenly or cold turkey is the best way to stop.	<input type="checkbox"/>	<input type="checkbox"/>
4. I want treatment for my substance use, but I have been told it will take six months.	<input type="checkbox"/>	<input type="checkbox"/>
5. I am addicted when I keep using despite negative effects on my health.	<input type="checkbox"/>	<input type="checkbox"/>
6. Families affected by substance use experience high levels of stress.	<input type="checkbox"/>	<input type="checkbox"/>

## Thinking about stopping your substance use?

Learn more about it. Talk to your primary care provider (PCP). Your PCP can help you find support or a treatment program in your area.

## Other resources

You can also contact the Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator by calling **1-800-662-HELP (4357)** or going online to **[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)**. Other resources include:

- Alcohol Drug Abuse Addiction Rehab Treatment Center— [www.addict-help.com](http://www.addict-help.com)
- The National Alliance on Mental Illness (NAMI) — [www.nami.org](http://www.nami.org)



Answer key — Stopping Substance Use	True	False
<p>1. Addiction is a chronic or long-term disease.  <b>True.</b> According to the National Institute of Drug Abuse (NIDA), drug addiction is a lot like other long-term illnesses such as diabetes. Therefore, long-term behavioral and lifestyle changes may be needed to avoid relapse.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>2. Untreated mental illness puts me at risk for substance abuse.  <b>True.</b> People with mental illnesses are twice as likely to also suffer from substance use. It is very important to treat substance use and mental illness together.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>3. Stopping my substance use suddenly or cold turkey is the best way to stop.  <b>False.</b> Stopping substance use suddenly may lead to withdrawal symptoms. Withdrawal from certain substances may be harmful. The safest way to stop is under a doctor's care.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>4. I want treatment for my substance use, but I have been told it will take six months.  <b>False.</b> The goal of substance abuse treatment is to stop drug use and allow people to live productive and active lives. The amount of time needed for treatment varies per person. Treatment options may include counseling, support groups, and inpatient and outpatient treatment programs.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>5. I am addicted when I keep using despite negative effects on my health.  <b>True.</b> There are many health problems that may be related to substance use such as heart disease, stroke, HIV, hepatitis and lung disease. Brain changes that occur with substance use can affect coordination and decision-making.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>6. Families affected by substance use experience high levels of stress.  <b>True.</b> High levels of stress, domestic violence and intense family conflicts are more common in families with a substance user. Family therapy can often help the substance user and his or her family.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>