

Resources *for* Living®

Substance use

If you're struggling with a substance use disorder, it can be hard to imagine what recovery would look like. But with the right resources and treatment, change is possible. And you are worthy of a healthy, full life. Hear from people who have been through substance use treatment. They share what it was like for them and what helped them on their road to recovery.



Substance use: Treatment options

[Watch this video for tips on treatment options](#)

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2894963-10-01-RFL (01/24)