

# Addiction Doesn't Have to be a **Life Sentence**

You aren't alone in addiction. Over 25% of patients undergoing long-term opioid therapy struggle with addiction.

If you or a loved one need help with an opioid addiction, please use a lifeline:

- Talk with your doctor about starting an opioid-free treatment, like acupuncture or chiropractic therapy, for your pain
- Visit **SAMHSA.GOV** or call the **NATIONAL HELPLINE** at **1-800-622-4357** for addiction and treatment resources

