

A person wearing a plaid hoodie and a blue backpack is climbing a set of concrete stairs. The stairs are set against a light-colored brick wall. The person is seen from behind, moving upwards. The overall tone is somewhat somber and determined.

# 5 Signs That You're Ready for **Recovery** from **Addiction**

MARYHAVEN®  
Helping People Restore Their Lives®

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



**ADAMH**  
Alcohol, Drug and Mental Health Board  
of Franklin County

## SIGN #1

# You're Here

If you've heard it once, you've likely heard it one hundred times. Before you can receive help, you have to *help yourself*.

The fact that you've downloaded or picked up this guide, means that you're curious about recovery. **Readiness** is one of the key signs that it may be time to seek professional help with your substance use disorder. **Read on to learn more >>**



## Did You Know?

Only 18% of adults with Opioid Use Disorder received any drug and/or alcohol treatment in 2019.<sup>1</sup>



<sup>1</sup>"Understanding the Epidemic." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, March 19, 2020. <https://www.cdc.gov/drugoverdose/epidemic/index.html>.



## **SIGN #2**

# You're Worried About Your Health

Often times, changes in your body and overall health aren't apparent in the early stages of a substance use disorder. But over time, things like: **sleeplessness, increased blood pressure, difficulty breathing, dizziness, nausea, itchiness, or constipation** can start to affect the body. With the underlying cause left untreated, these things can lead to far more serious issues. If you've begun to notice changes in your body, or you're experiencing health-related issues that have you concerned, this is a strong sign that it's time to start your path to recovery.

Read on to learn more >>

## **SIGN #3**

# Negative Social Consequences

A substance use disorder is a secret that we work hard to keep to ourselves, away from our family, friends, and co-workers.

But over time, substances use can lead to avoiding social situations entirely. To go a step further, the disease can lead to missed family obligations or work shifts, leading to disruption of our emotional and financial well-being.

Having healthy personal relationships is an important part of overall health. But if your dependence on substances is beginning to negatively effect your interactions with family, friends, or work, recovery is waiting for you.





## SIGN #4

# You've Tried to Quit on Your Own

Moving from active substance use to recovery is often not a straight path. Recovery is an ongoing activity that is aided greatly by help from trained professionals, medication, and the support of an understanding community.

If you've made unsuccessful attempts before to quit your substance use, medically-assisted therapy is a great next step to consider. Facilities such as **Maryhaven** provide the safety, structure, training, and medical expertise to help you succeed.

### Did You Know?

Naloxone is a medication designed to rapidly reverse opioid overdose.



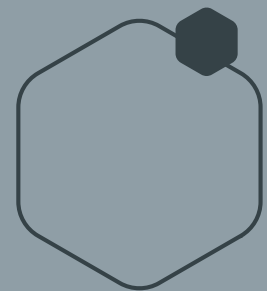
## **SIGN #5**

# Desire for a Brighter Future

The idea of a brighter future can be difficult to imagine for people dealing with substance use disorders. But for many, recovery has been a path to better relationships with family, friends, and co-workers. Recovery can positively impact our physical, emotional, and spiritual well-being.

You owe it to yourself and those that you care about to do everything in your power to pursue a better future. You can do this, and we can help.

**Ready to get started? >>**





# MARYHAVEN®

Helping People Restore Their Lives®

Maryhaven is Central Ohio's largest and most comprehensive behavioral health services provider specializing in addiction recovery.

Our expert clinicians and counselors have served more than 290,000 men, women and adolescents since 1953. We strive every day to bring hope, innovation, and compassion to people struggling with mental illnesses and addiction disorders.

#### **OUR COMPREHENSIVE SERVICES INCLUDE:**

- Withdrawal management
- Residential and outpatient care
- Medically-assisted treatment
- Medication management
- Cognitive behavioral and other evidenced-based therapies
- Individual and group counseling
- Case management & psychiatric services

We work closely with 12-step and other peer-to-peer recovery groups as they can be critical to long-term success for many patients.

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## Contact Maryhaven

For more information about our locations, our services, or next steps to get help, visit our website at [www.maryhaven.com](http://www.maryhaven.com) or call:

**(614) 445-8131**