



# GETTING HELP FOR OPIOID USE DISORDER AND OPIOID ADDICTION

*If you or a loved one suffers from addiction to opioids, help is available. There are activities you can take part in, along with medication you can take, to get you well again. Talk to your doctor to determine the best plan for you.*

## Medication

There are three medications your doctor may prescribe to help with opioid addiction.

### Methadone

Methadone is typically given in liquid form for opioid addiction. It is taken once a day. It can help decrease cravings and withdrawal. Your doctor can help you decide if methadone is right for you.

### Buprenorphine





Buprenorphine comes in several forms, including pill, tablet, patch, or shot. Most of the pill and tablet forms are placed under the tongue and along the cheek once a day. The shot is injected under the skin once a month.

### Naltrexone

Naltrexone comes in a pill and injection form. The injection form is recommended for opioid addiction. It is given once a month.

## Activities

Along with medication, there are other activities that can help treat opioid addiction:

-  Talking to a counselor
-  Taking part in specialty programs that may include medication and behavioral therapy
-  Getting help from family members, peers, and friends
-  Participating in recovery programs, such as 12-Step or SMART recovery

## Additional support

We're here to help with additional tools and local resources. Please contact us by calling the number listed on your Health Net member ID card.



**SAMHSA National Helpline:**  
**1-800-662-HELP (4357)**  
[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)



**SAMHSA Treatment Locator:**  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Please refer to the formulary for your health plan for specific coverage details regarding your medications.

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