



# DRUGS & THE BRAIN

- ▶ Addiction is a brain disease.
- ▶ Drugs change the structure of the brain and how it works.
- ▶ These brain changes can be long-lasting and can lead to harmful behaviors.
- ▶ They can also create and spark triggers that bring on drug cravings. This makes it hard to be around your triggers even if you've been drug-free for a long time.

## TRIGGERS

A trigger is anything that makes you feel the urge to go back to using drugs because it reminds you of taking a drug and getting high.

Learn your triggers and stay away from them:

- ▶ Place
- ▶ Person
- ▶ Thing
- ▶ Smell
- ▶ Feeling
- ▶ Picture
- ▶ Something stressful
- ▶ Memory

## MY TRIGGERS

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## RESOURCES IN MY AREA

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## TREATMENT

Treatment is effective in helping people achieve recovery. It can include medication and/or counseling.

## OVERDOSE

Your risk of overdose is very high if you go back to using. Your body can't handle the same amount of drug you used before. If you overdose and don't get treatment immediately, you could die.

*This information is based on evidence from NIDA-supported research.*

## RESOURCES

Find treatment in your area: **1-800-662-HELP (4357)** (toll-free) or **findtreatment.gov**. In an emergency, call **911** or get to an emergency room.

Emergency opioid overdose reversal info:  
**nida.nih.gov/publications/drugfacts/naloxone.**



For more resources:  
**nida.nih.gov/drug-topics/recovery**  
**nida.nih.gov/drug-topics/criminal-justice**  
**nida.nih.gov/drug-topics/treatment**