



Substance Use Prevention Toolkit | *Tip sheet*

Myth-Busting Addiction

Many people have the wrong idea about addiction. These myths can keep people from getting help. They can also make it harder for people to get better. Knowing the facts can help us support people who are struggling.

❗ **Myth:** Addiction only means using drugs or alcohol.

⬇ **Fact:** Addiction can involve drugs or alcohol. It can also involve certain behaviors. For example, a person may have problems with gambling, shopping, eating or working too much. These actions can become hard to stop. A person may keep doing them even when they cause problems at home, school, work or in relationships.

❗ **Myth:** People with addiction just need more willpower.

⬇ **Fact:** Addiction is not a sign of weakness. It is a health condition that affects the brain. Many things can play a role, such as family history, life experiences and changes in how the brain works.

❗ **Myth:** Addiction only affects certain people.

⬇ **Fact:** Addiction can affect anyone. It does not matter how old a person is or where they come from. Because addiction can happen to anyone, it is important not to judge people. Support and understanding can make a difference.

❗ **Myth:** People must hit “rock bottom” before they can get better.

⬇ **Fact:** People can start to get better at any time. Some seek help because of support from family or friends. Others decide on their own that they want to make a change. There is no one path to getting better. Help is available, and recovery can begin at any stage.

#SupportSobriety #RealRecovery

If you or someone you know is struggling with substance use or addiction, call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.

Reviewed by Medical Director, Doctor of Medicine.