

# FACT SHEET



**NACADA**  
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

## Substance Use Disorders

**MYTH:**  
Substance Use Disorder (SUD) is a choice or lack of morals

**FACT:**  
Substance Use Disorder (SUD) is a chronic brain disease that affects behavior, making it difficult for individuals to control their use of alcohol or drugs. It was previously referred to as alcohol and drug addiction.

**MYTH:**  
People with Substance Use Disorders (SUD) lack self-control and willpower

**FACT:**  
Alcohol and drugs take control of the brain's reward system, leading to uncontrollable behaviors. It is not about self-control; it is about the complex interplay of biology and the environment.

**MYTH:**  
Substance Use Disorders (SUD) treatment is unsuccessful; relapse is unavoidable

**FACT:**  
Evidence-based treatments and ongoing support considerably increase the chances of long-term recovery.

**MYTH:**  
Substance Use Disorders (SUDs) only affects the individual

**FACT:**  
Substance Use Disorders (SUDs) not only impact the individual but also affect families and communities. Building a supportive network is crucial for sustained recovery.

**MYTH:**  
People with Substance Use Disorders (SUDs) cannot lead successful lives

**FACT:**  
Countless individuals have overcome SUDs, rebuilt their lives, and made substantial contributions to society. Recovery is a journey towards self-discovery and resilience.

**MYTH:**  
If addiction runs in the family, it is inevitable for me too

**FACT:**  
While genetics contribute to addiction risk, they don't guarantee it. Environmental factors, personal choices, and access to support play crucial roles in shaping an individual's risk of developing addiction.

**MYTH:**  
Addiction only affects certain groups of people

**FACT:**  
Addiction knows no boundaries and can impact anyone, regardless of age, gender, race, or status. It is important to eliminate stigmatizing labels and recognize the universality of addiction.

**MYTH:**  
You cannot be addicted if you have a successful career or stable family life

**FACT:**  
Substance Use Disorders can affect individuals from all walks of life, including those with successful careers or stable family situations.

**MYTH:**  
One type of substance use disorder treatment works for everyone

**FACT:**  
There is no one-size-fits-all approach to treatment. Treatment plans and recovery are as unique as the individual.

**MYTH:**  
You cannot help someone with addiction unless they want help

**FACT:**  
Interventions and support from loved ones can motivate individuals to seek help. Offering resources, understanding, and encouragement can be instrumental in someone's decision to start their recovery journey.

For counseling and drug addiction referral services  
**Call Us on our 24Hrs Toll Free Helpline 1192**