

# Fast facts about substance use and mental health in the U.S.

**1** 8.5 million adults have co-occurring mental health and substance use disorders.

**2** Of the 18.7 million adults with substance use disorders, 45 percent also have a mental illness.

**3** Among the 46.6 million adults with mental illness, 18 percent also have a substance use disorder.

## Recovery is possible

The good news is that researchers have found that combining addiction treatment medicines with behavioral therapy gives patients the best chance of recovery.

### Successful treatment can include:

- Detoxification
- Behavioral counseling
- Medication  
(for opioid, tobacco or alcohol addiction)
- Evaluation and treatment for co-occurring mental health issues
- Long-term follow-up to prevent relapse

## Sobering statistics

**More than 70,200 Americans died from drug overdoses in 2017, including illicit drugs and prescription opioids—a two-fold increase in a decade.**

Quitting is hard, even for those who want to quit. Drugs change a person's brain in ways that are persistent and make relapse common.

**Find out how we can help you on your road to recovery. Call us today at 1-800-753-5223 or visit [www.summitoakshospital.com](http://www.summitoakshospital.com).**



19 Prospect Street, Summit, NJ 07902  
1-800-753-5223 [www.summitoakshospital.com](http://www.summitoakshospital.com)

