



TAME THE WITHDRAWAL BEAST

**Medication-assisted treatment
can help you QUIT.**

If you're trying to quit taking prescription pain medication, heroin, or other opioids, local medical providers can now prescribe medication to reduce your withdrawal symptoms and cravings while you get your life back.

Get help.

**Find a MAT provider near you at:
mathelps.org**

THE MAT FACTS

Q: What is MAT?

Medication-Assisted Treatment (MAT) is a program that uses medications and counseling to help people quit abusing substances. In this case, local medical providers use a medicine called buprenorphine (Suboxone) to help people quit using pain pills, heroin, or other opioids. The medication helps stop cravings and withdrawal symptoms while you go through counseling to get your life back.

Q: Do I have to be addicted to get MAT?

People start taking opioids for many different reasons and most need help stopping no matter how much they are taking because of how the drugs change their brain chemistry. MAT can help anyone who wants help quitting prescription pain medication or other types of opioids, including heroin.

Q: Do I have to go to rehab to get MAT?

No. A local doctor, nurse practitioner, or other medical provider can oversee your recovery and prescribe medication as an outpatient so you can continue working and living at home.

Q: Isn't this just taking another drug?

No. Buprenorphine acts like an opioid to reduce cravings and withdrawal symptoms, but it doesn't create the "high" that leads to addiction. While taking the medicine, a medical provider works with you to treat the underlying condition that led you to use opioids.

Q: Do I need MAT to stop?

No, but MAT triples your chances of a successful recovery. That's because opioids have created a physical dependence – no matter who you are or how you started. The medication stops the side effects of withdrawal and gives you a "window" to work on the issues that led to your addiction and better ways of dealing with those, including finding alternatives for pain control.



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