

## Cocaine: Getting Help



If you are addicted to cocaine, you can get better. It means learning how to build a life with no drugs. The first step is getting help. The next is stopping the cycle of drug use. Then a plan to fight relapses is needed. You'll need long-term support to stay drug-free.



### Treatment steps

- **Get help from a professional drug dependency counselor.** This type of counselor helps a person see their drug addiction more clearly. They can also help family members deal with the problem.
- **Have a professional evaluation.** See a healthcare provider or psychologist who specializes in addiction. This helps assess your needs and plan a course of action.
- **Start professional treatment.** This type of treatment may be inpatient or outpatient. It may take place in a hospital or treatment center. It includes group or individual therapy. In some cases, medical treatment is needed.
- **Find self-help groups.** These give support to help you stay drug-free. They help you identify drug use triggers and make lifestyle changes that keep you away from cocaine. An example of this type of group is Cocaine Anonymous. See the blue box for contact details.

### The road to recovery

Drug-free living is the goal of the recovery process. Cocaine addiction is a long-lasting illness that can come back again and again. You may relapse. You may have a constant urge to go back to using. You may think, "This time I'll keep it under control." But you'll need continued support to stay drug-free.

### To learn more

- **National Institute on Drug Abuse,** [www.drugabuse.gov/patients-families](http://www.drugabuse.gov/patients-families)
- **Substance Abuse and Mental Health Services Administration,** [www.samhsa.gov](http://www.samhsa.gov)
- **Cocaine Anonymous World Services,** [www.ca.org](http://www.ca.org)
- **Smart Recovery,** [www.smartrecovery.org](http://www.smartrecovery.org)
- **Narcotics Anonymous World Services,** [www.na.org](http://www.na.org)

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