

Meth: Treatment and Recovery

Treatment and Recovery

The most effective treatments for methamphetamine addiction are behavioral therapies, such as individual and group counseling, cognitive-behavioral therapy and contingency management interventions. Some people also benefit from peer recovery support programs including Narcotics Anonymous. Although medications have proven effective in treating some substance use disorders, there are currently no medications that counteract the effects of methamphetamine or that helps people be abstinent longer or that can help reduce the use of methamphetamine by an individual addicted to the drug.

Methamphetamine withdrawal symptoms are similar to depression, leading researchers to investigate the effectiveness of antidepressants that act on the serotonin and norepinephrine systems for methamphetamine use disorder. Antipsychotic medications also act on the dopamine system and may have promise for helping people with methamphetamine use disorder.

How to Get Help

If you, a loved one, or someone you know needs treatment for methamphetamine, we can help! Call the Substance Abuse Service Helpline at 1(844) 804-7500 anytime, 24 hours a day, 7 days a week. You can also go to the Online Provider Directory here. <http://sapccis.ph.lacounty.gov/sbat>

When you call

- We have a team available 24 hours a day, 7 days a week to answer your call.
- We will ask you questions about your methamphetamine and other drug or alcohol use, to help you decide if you need treatment.¹
- We will help you learn your options and find a provider that meets your specific needs.

Youth and adults can access no-cost¹ substance use treatment services at any provider in the network if you are a resident of Los Angeles County; and are eligible for Medi-Cal², My Health LA or other select County-funded programs.

Services Available

- Outpatient Treatment
- Intensive Outpatient Treatment
- Case Management
- Medications for Addiction Treatment
- Withdrawal Management (Detox)
- Residential Treatment
- Recovery Support Services
- Recovery Bridge Housing

SAPC complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or in any manner on the basis of sexual orientation.

If you speak another language, language assistance services are available to you free of charge, if you are eligible.

SUBSTANCE ABUSE SERVICE HELPLINE
 **1.844.804.7500**

¹ A share-of-cost may be required for some Medi-Cal eligible individuals.

² Some services and treatments require pre-authorization for eligible youth and adults.