Misconceptions, fear and stigma about substance use issues can prevent people from seeking needed treatment or support. Use these tips to reduce bias, improve communication, and assist people in connecting to resources.

**USE THIS**
- Person with a substance use issue
- Positive urine test
- Negative urine test
- Newborn exposed to substances
- Person who uses cannabis
- Person in recovery
- Substance use issue
- Recurrence of use

**INSTEAD OF THIS**
- Drunk, addict, junkie, abuser
- Dirty urine test
- Clean urine test
- Crack baby
- Pot head, stoner
- Former addict, clean and sober
- Addiction, drug problems
- Relapse, slip, fall off the wagon

If someone you know has substance use issues and wants to change, you can provide information on local programs or suggest the SAMHSA treatment locator: findtreatment.gov