



Source: <http://www.samhsa.gov/medication-assisted-treatment>

What Is Medication Assisted Treatment (MAT)?

MAT is a “whole-patient” and evidenced-based approach to treating substance use disorders that uses medicines along with [counseling and behavioral therapies](#). The medicines used in MAT are approved by the Food and Drug Administration (FDA), and MAT programs are clinically driven and designed to meet each patient’s needs. Research shows that both medicines and therapy can help treat substance use disorders. For patients struggling with addiction, MAT can help support recovery. MAT is also used to prevent or reduce opioid overdose.

Are You Considering MAT Therapy?

MAT is available through your primary care provider (PCP). If you have tried to quit on your own but continue to struggle and need help, talk to your PCP. Your PCP will let you know if MAT is right for you.