



## Ray Lucas

**Sports analyst and former pro-football quarterback**

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Ray Lucas appeared to have it all: He had been a successful pro-football quarterback and went on to become an award-winning sports analyst after his retirement from football. But he had become addicted to prescription painkillers after suffering severe neck and back injuries while playing football and felt that it was slowly tearing his life apart.

During the throes of addiction, Lucas grew distant from his wife and three daughters, and did not recognize the man he saw when he looked into the mirror. Deep depression led to suicidal thoughts, and Lucas would sometimes take 50 pills at night before bed and hope that he would not wake up. At one point, Lucas was taking about 800 pills a month. Eventually, at his lowest point, he planned to end his life by driving his car off the George Washington Bridge.

After two years of living with addiction, Lucas decided to take action and get help from a drug rehab facility in West Palm Beach, Florida. His treatment included the use of prescription medication, which helped manage his withdrawal symptoms.

Today Lucas shares his story as a cautionary tale to help people struggling with addiction. He wants to let people know that they can be treated by seeking help and that they are not alone.

Lucas understands first hand that the hardest thing for a person struggling with an addiction to do is to ask for help, but they need to know that asking for help doesn't mean they're compromising their privacy. When sharing his experience with others, he mentions TurnToHelp.com, a website sponsored by Reckitt Benckiser Pharmaceuticals Inc., which can help people learn about the signs and symptoms of opioid dependence and treatment options, including doctors who treat opioid dependence in a private setting. Lucas knows the challenges associated with overcoming addiction, and hopes to motivate people to get the help they need.