



# Call the 24/7 Substance Use Treatment Helpline to get help today.

## There's hope for substance use disorder, a treatable disease, and we're here to help.

Call the Substance Use Treatment Helpline at **1-855-780-5955**, 24 hours a day to speak with a substance use recovery advocate who will listen, provide support and develop personalized recovery plans. Call the number above or visit [liveandworkwell.com/recovery](https://liveandworkwell.com/recovery) to find care options and resources.

### About the Helpline:

- The Helpline is a benefit of your health plan, and **available for \$0 out of pocket**.
- This service is **completely confidential**.
- Callers may remain **anonymous**.
- Helpline available **24 hours a day, 7 days a week**.

### What is substance use disorder (SUD)?

A disease that causes people to seek a “high” from substances or medications, no matter what the consequences.

If you or a loved one are experiencing signs of substance use disorder, call the Helpline to start the journey to recovery. It's an important and courageous first step toward hope and healing.

Call the 24/7 Substance Use Treatment Helpline at **1-855-780-5955**, to get help today—hope and healing are closer than ever.

### Signs of substance use disorder:<sup>1</sup>

Some common signs of substance use disorder include:

- Mood swings or unexplained personality change
- Ignoring responsibilities
- Sudden changes in friends
- Changes in appearance including a lack of hygiene
- Feelings of shame or regret
- At risk of financial loss or physical danger

# Opioids: What you need to know.

The opioid epidemic has become so serious it's been declared a public health emergency. Approximately 2 million Americans struggle with substance use disorder, and every 16 minutes someone dies from opioid overdose.<sup>2,3</sup>

The Substance Use Recovery Advocates can give you or a loved one information about opioid use and arrange a professional evaluation. They can also help find medication-assisted treatment (MAT) options from a nearby network provider.

## Risk factor signs.

If the answer is yes to 3 or more of the below questions, there may be risk for substance use disorder.<sup>1</sup> To find out if treatment is the right next step, call the confidential Substance Use Treatment Helpline at **1-855-780-5955**.

Common risk signs of substance use disorder:

- Do I keep my use a secret from others?
- Do I tell myself my problem isn't that bad?
- Are friends, family, or coworkers concerned?
- Have I ever had a blackout (memory lapse) after using?
- Do I find any excuse to drink or use?
- Do I feel regret or shame after using?
- Do I use to change the way I'm feeling?
- Do I spend more money than I can afford on alcohol or drugs?
- Is my use increasing?
- Am I at risk of physical danger or financial loss?
- Do I make promises to stop or cut back, but never follow through?
- Do I look forward to using alcohol or drugs?

## About medication-assisted treatment (MAT).

Most people are able to take prescription opioids for pain without serious problems. But some struggle to use their medication correctly. This can lead to a substance use disorder (SUD). SUD causes people to seek a "high" from medications, no matter what the consequences. Sometimes people who can't get their prescription medication anymore turn to cheaper opioids like heroin. Heroin addiction affects more than half a million people.<sup>4</sup>

Research shows that medication-assisted treatment (MAT) is the most promising treatment for people with a SUD.<sup>5</sup> MAT uses medications that control withdrawal symptoms and cravings. Some people may need to stay on these medications for a long time. This gives them time to recover and reduces the dangers of relapse. When medication is combined with counseling and other support, it is very effective and can help people recover and resume a productive life.



### The Substance Use Treatment Helpline, at 1-855-780-5955.

This confidential service is provided at no added cost. It is part of your health benefit. Personal information will be kept confidential in accordance with state and federal laws.

Call the number above or visit: [liveandworkwell.com/recovery](http://liveandworkwell.com/recovery).



<sup>1</sup> Mayo Clinic. Drug addiction: Risk factors. <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/risk-factors/con-20020970>.

<sup>2</sup> Understanding the Epidemic: Drug Overdose Deaths in the United States Continue to Increase in 2015. Centers for Disease Control and Prevention. Accessed Aug. 25, 2017. Florence CS, Zhou C, Luo F, Xu L (2016).

<sup>3</sup> The Economic Burden of Prescription Opioid Overdose, Abuse, and Dependence in the United States, 2013. Medical Care: Oct 2016 – Volume 54 – Issue 10 – p 901–906.

<sup>4</sup> Center for Behavioral Health Statistics and Quality. (2016). Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51). [samhsa.gov/data/](http://samhsa.gov/data/).

<sup>5</sup> McLellan AT, Amdt IO, Metzger DS, Woody GE, O'Brien CP. The effects of psychosocial services in substance abuse treatment. JAMA. Apr. 21, 1993;269(15):1953–1959.

The information and therapeutic approaches in this content are provided for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Participants should consult an appropriate health care professional to determine what may be right for them. Certain treatments may not be covered in some benefit plans. Please check your benefits. The service is confidential within the limits of the law and your benefit plan's privacy policy.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.