



# Alcohol addiction doesn't have to be permanent

Whether you're concerned about your own or a loved one's alcohol use, you and covered family members may have access to resources that could help you learn ways to cope and recover.

## Understanding addiction and finding healthier ways to cope

Alcohol addiction is a condition that may affect millions of Americans each day. Many people think that alcohol can help bring anxiety down, when really, drinking tends to worsen mental health challenges—and may lead to other health problems. If you or someone you love is struggling with alcohol addiction, you're not alone.

## Hope and healing may be a phone call away

To connect with specialists trained in addressing substance use disorders, call the Substance Use Helpline at 1-855-780-5955. It's confidential and available 24/7.

If you or someone you know is experiencing thoughts of suicide, call 911 or the National Suicide Prevention Lifeline at 988.

# 28M+

people ages 12 and older had an alcohol use disorder (AUD) in 2020<sup>1</sup>

The percentage of AUDs was highest among young adults aged

# 18-25<sup>1</sup>

## Learn more

Visit [myuhc.com/mh-recommendations](https://myuhc.com/mh-recommendations) or call the number on your health plan ID card for more information

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<sup>1</sup> Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health. Substance Abuse and Mental Health Services Administration. Published October 2021. Accessed June 2022. [www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf](http://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf).

All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States or the local emergency services phone number if you are outside the United States, or go to the nearest accident and emergency department. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and are subject to change without prior notice. Coverage exclusions and limitations may apply.

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