



## Compassionate support for substance use disorder is here

### You're not alone

Recently, about 1 in 8 Americans has increased their substance use to cope with stress or emotions.<sup>1</sup> If you or someone you love is struggling, you're not alone. As a UnitedHealthcare member, you and covered family members may have access to resources that could help you learn ways to cope.

### Explore healthier ways to cope

The road to recovery may feel daunting, but we believe it's an important one to take. UnitedHealthcare offers resources to help you work through challenges. Discover self-help digital tools, licensed therapists (in person or virtual) and more, all in one place.

### 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.

**40M+**

people ages 12 and older had substance use disorder (SUD) in 2020<sup>2</sup>

The percentage of SUDs was highest among young adults aged

**18-25**<sup>2</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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Healthcare**



<sup>1</sup> Czeisler ME, Lane RI, Petrosky E. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic – United States, June 24–30, 2020. CDC MMWR. Published August 2020. Accessed June 2021. [www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm](http://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm).

<sup>2</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/NSDUHFFR1PDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf](http://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFR1PDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.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.

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