



Get the help you need

with our free, anonymous
Substance Use Disorder Helpline



It's hard to admit that you have a problem or things aren't going "just right". You may even feel it's a weakness you need to hide. But alcohol and drug addiction is a disease. And it's treatable. Unfortunately, guilt and stigma stops many from seeking treatment. Especially if you feel it will get you fired from your job, make you less of a role model for your family and kids or make you feel less valued as a person. But if it was any other life-threatening disease, you'd get care right away. You can beat it. And we can help.

Our licensed experts can:

- Listen to understand your situation
- Arrange a meeting with a recovery advocate who will create a personalized care plan for you
- Refer you to providers, treatment options and other resources
- Help make provider appointments
- Assign you a dedicated licensed Care Advocate who will provide support for up to 6 months after treatment

Get help for yourself or a loved one today

Call the Substance Use Disorder Helpline toll-free at **1-855-780-5955** or visit liveandworkwell.com/recovery to use live chat. Available 24/7. For more information on using your behavioral health care benefits, call Member Services toll-free at **1-866-270-5785**, TTY **711**.

This is a confidential and no-cost service. Your personal information will be kept confidential in accordance with state and federal laws.

Learn more about substance use disorder (SUD)

What is substance use disorder?

- Substance use disorders happen when the use of alcohol, tobacco or drugs (including alcohol, opioids, marijuana, stimulants and hallucinogens) causes major impairment, including health problems, disability and failure to meet major responsibilities at work, school or home.¹
- SUDs are chronic, complex medical conditions. Like other chronic medical conditions, they require long-term attention with different types of treatment and support needed over time.
- Risk factors for SUD includes a family history of addiction, peer pressure and other mental health issues like depression, attention deficit/hyperactivity disorder (ADHD) or post-traumatic stress disorder (PTSD).²

Is it a disease?

- Yes. SUD is not a character flaw or a sign of weakness. It is a serious life-threatening disease. However, there are many effective treatments and recovery is possible.
- Millions of others from all walks of life are struggling. You're not a bad person. It's a treatable disease.
- Those suffering from any form of SUD need support, empathy and evidence-based treatment in

order to recover, just like any other serious illness. We can help.

Why is treating SUD important?

- It's a national problem. Nearly 21 million Americans struggle with a substance use disorder. Many millions more may misuse alcohol or prescription medications or use illegal drugs, putting them at risk for addiction.³
- It's deadly. There are more deaths, illnesses and disabilities from substance use than any other preventable condition.⁴ Between 2002 and 2017, the rate of deaths from drug overdoses increased by more than 200%, including a quadrupling in the rate of overdose deaths involving opioids (Opioids, both prescription and illegal, are the main cause of drug overdose deaths).⁵ An estimated 88,000 people die from alcohol-related causes every year, making alcohol the third leading cause of preventable death.⁶
- It often goes untreated. Only about 1 in 10 people with SUD will get treatment.⁷

What is medication-assisted treatment (MAT)?

- The SUD Helpline refers callers with opioid use disorder to MAT whenever necessary.

MAT is an evidence-based opioid use disorder treatment that combines FDA-approved medications with counseling, behavioral therapy and recovery support services. All of these treatments are key to a successful recovery.

- Individuals who get MAT for opioid or alcohol use disorder have better results and a greater chance of recovery than those who get detoxification or psychosocial treatment alone. MAT medications help to:
 - Lower cravings and withdrawal symptoms.
 - Block the effects of alcohol and/or opioids in the event of a relapse.
 - Change the chemical imbalances in the brain created throughout the development of an addiction.
- Research shows that without the right maintenance medication to control cravings and the right psychosocial support, most people experience relapse. The results are often tragic. For opioid use disorder specifically, even quitting opioids can lower a person's tolerance level, which leads to a greater chance of overdose with later opioid use.

¹ Substance Abuse and Mental Health Services Administration (SAMHSA)

² US National Library of Medicine National Institutes of Health

³ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016. Available at: <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>

⁴ National Institute on Drug Abuse. Available at: <https://www.drugabuse.gov/publications/healthconsequences-drug-misuse/death>

⁵ National Institute on Drug Abuse. Overdose Death Rates – United States. August 2018. Available at: <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

⁶ National Institute on Alcohol Abuse and Alcoholism (NIAAA). Alcohol facts and statistics. U.S. Department of Health and Human Services, Updated August 2018; <https://www.niaaa.nih.gov/alcohol-health/overviewalcohol-consumption/alcohol-facts-and-statistics>

⁷ U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016. Available at: <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>