

Are you Struggling With Drugs or Alcohol?

If you need help to stop using drugs or alcohol

Reach out to your doctor who may offer options including counseling and medication. **Follow up within one week of your first appointment** to start on the path to getting better.

We are here to help.

Call the number on the back of your Blue Cross and Blue Shield of Texas member ID card. Or, log in to Blue Access for MembersSM at **bcbstx.com/ut**. Go to **Find Care** to find in-network providers.

Substance use may cause:

- Problems with relationships
- Financial issues
- Health conditions
- Trouble with memory
- Problems doing the things you used to do¹

Check out these websites:

- **findtreatment.gov**, or call **800-662-HELP**
- **easyread.drugabuse.gov**
- **samhsa.gov/families**
- **connect.bcbstx.com**. From the main page, search by topic.



**Scan to
watch a
video.**

Getting help is shown to improve health and relationships with family and friends.²

Sources:

1. easyread.drugabuse.gov/content/treatment-and-recovery
2. <https://www.ncqa.org/hedis/measures/initiation-and-engagement-of-substance-use-disorder-treatment/>