



Call for help. Call for hope. Here4TN is here for you.

Dealing with substance use disorder can be frightening and overwhelming. Whether you have a loved one who is facing the challenges or you're worried about your own substance use, you may feel worried and helpless.

You're not alone. You and millions of others, from all walks of life across the country, are coping with this issue. Some are addicted to alcohol. Some are battling drugs. Either way, substance use disorder is not a sign of weakness. It's not about being a bad person. It's a treatable disease. **And we're here to help.**

Call us. We care

As part of Here4TN, we specialize in 24/7 support for substance use. A highly trained and licensed advocate will talk with you about your concerns and your unique situation. They will answer questions, support you, and help create a personalized treatment plan. They can also help you with family support.

You can remain anonymous when you call Here4TN. The service is completely confidential — your personal information will be kept private at all times.

Call Here4TN at 855-Here4TN (855-437-3486), 24 hours a day.

It's an important step toward hope, recovery and health.

Know the signs

Some of the more common signs of substance use include:¹

- Mood swings or unexplained personality change
- Ignoring responsibilities
- Sudden change in friends
- Changes in appearance, including a lack of hygiene

¹Mayo Clinic. Drug addiction: Risk factors. <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/risk-factors/con-20020970>
Last updated: December 5, 2014 Accessed: August 25, 2017



Call Here4TN at 855-Here4TN (855-437-3486)

This confidential service is provided as part of your health benefit. Your personal information will be kept confidential in accordance with state and federal laws.

Call the number above or visit: www.Here4TN.com

Opioids: What you need to know

Opioid dependence and addiction is at an all-time high. Every day, many people die from an opioid overdose.

Have you been using an opioid medication and are experiencing some of the signs of substance use disorder that are listed in this flier? Have you asked a doctor for more prescription opioids even though you don't need them anymore? If so, you may be dependent or addicted.

Here4TN's specially trained advocates can give you information about opioid use and arrange a professional evaluation. They can help you find medication assisted treatment (MAT) options from a provider in your network.

Are you at risk?

Admitting substance use disorder takes courage.

Ask yourself these questions to see if you may be at risk:

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

If you have answered yes to three or more of these questions, you may be at risk for substance use disorder.¹

To find out if treatment is right for you, call Here4TN at **855-Here4TN (855-437-3486)**.

Our advocates understand what you're going through.

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 is a brain disease. It causes people to seek a "high" from the 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.²

Research shows that medication-assisted treatment (MAT) is the most promising treatment for people with a SUD.³ 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 helps people recover and resume a productive life.

¹ Mayo Clinic. Drug addiction: Risk factors. <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/risk-factors/con-20020970> Last updated: December 5, 2014 Accessed: August 25, 2017

² 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/.

³ McLellan AT, Arndt 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.

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