

## Substance misuse truth

# Everyone needs a little extra support

So you're ready to address substance misuse and addiction for yourself or a loved one, but not sure where to go? Trying to keep it private? Embarrassed? Yes, it's hard to reach out for support. To admit you need it takes guts, but it's those little extra steps, along with treatment, that can keep you or a loved one moving forward toward recovery.

The truth is that getting support:	Why it matters:
Makes you stronger.	Sharing your struggles isn't a weakness; it's a strength. To talk about it helps you cope and heal.
Helps surround you with the right people to get you care.	Support groups, health professionals, behavioral health facilities and doctors are there to help you get through it. Lean on others when you need specific help.
Motivates and inspires everyone.	It's easier to keep going when you're surrounded by acceptance and encouragement for each other's struggles, from peers who are also substance-free.
Reinforces the message that it's not your fault, but you do have the ability to change things.	It can happen to anyone. Blame and shame don't help your self-worth or help you or your loved one recover. Empower yourself to keep going.
Helps you parent to prevent or address substance misuse.	It's a great way to talk with other parents about everything kids misuse – from alcohol to pain medicine to household items – and what to do about it.
Means taking advantage of resources for the whole family.	It affects the whole family so get help for everyone. Find out if you have programs or counseling services through work, like an employee assistance program.



## Where to start?

- Your doctor (it's confidential)
- Employee Assistance Program (EAP)
- LiveHealth Online: [livehealthonline.com](https://livehealthonline.com)
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)
- SAMHSA: [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)
- Partnership for Drug-free Kids: [drugfree.org](https://drugfree.org)
- Local recovery centers: [recovery.org](https://recovery.org)
- Extra resources: [whatsupwithopiods.org/connector](https://whatsupwithopiods.org/connector)



Speak to your family doctor or other health professional right away if you're concerned someone you know could be misusing substances.

This information is meant to educate, not serve as medical advice. See your doctor for medical advice about your health.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/ca/networkaccess](https://anthem.com/ca/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc.; HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.