

# 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 Members<sup>SM</sup> at [bcbstx.com/ut](https://www.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 do<sup>1</sup>

## Check out these websites:

- [findtreatment.gov](https://www.findtreatment.gov), or call 800-662-HELP
- [easyread.drugabuse.gov](https://www.easyread.drugabuse.gov)
- [samhsa.gov/families](https://www.samhsa.gov/families)
- [connect.bcbstx.com](https://www.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.<sup>2</sup>**

Sources:

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