Compassionate support for substance use disorder is here

You’re not alone
Recently, about 1 in 8 Americans has increased their substance use to cope with stress or emotions. If you or someone you love is struggling, you’re not alone. As a UnitedHealthcare member, you and covered family members may have access to resources that could help you learn ways to cope.

Explore healthier ways to cope
The road to recovery may feel daunting, but we believe it’s an important one to take. UnitedHealthcare offers resources to help you work through challenges. Discover self-help digital tools, licensed therapists (in person or virtual) and more, all in one place.

Hope and healing may be a phone call away
To connect with specialists trained in addressing substance use disorders, call the Substance Use Helpline at 1-855-780-5955. It’s confidential and available 24/7.
If you or someone you know is experiencing thoughts of suicide, call 911 or the National Suicide Prevention Lifeline at 988.

Learn more
Visit myuhc.com/mh-recommendations or call the number on your health plan ID card for more information

40 M+
people ages 12 and older had substance use disorder (SUD) in 2020

The percentage of SUDs was highest among young adults aged 18-25