



Are you Struggling with Drugs or Alcohol?

Substance use can affect your life in many ways including:

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

Blue Cross and Blue Shield of Texas (BCBSTX) members can call the number on the back of their member ID card for assistance. They can also log into Blue Access for MembersSM at bcbstx.com. To find BCBSTX in-network providers click "Find a Doctor or Hospital."

If you need help to stop using drugs or alcohol, check out these resources (options may include counseling and medication):

- **Reach out to your doctor** who may offer options.
- **If you've been told by your doctor that you have a drug or alcohol problem, follow-up within two weeks of your first appointment** to start on the path to getting better. Getting help is shown to improve health and relationships with family and friends.²
- **Check out these websites:**
 - findtreatment.gov; phone: 800-662-HELP
 - easyread.drugabuse.gov
 - samhsa.gov/families
 - connect.bcbstx.com (from the main page, choose Health and Wellness, then Healthy Mind or search by topic in the top search bar)

1. easyread.drugabuse.gov/content/treatment-and-recovery

2. ncqa.org/hedis/measures/initiation-and-engagement-of-alcohol-and-other-drug-abuse-or-dependence-treatment