

Available resources for substance use disorder



Substance use disorder is a disease that can affect anyone, from all walks of life and at any age. And it can be treated in a variety of ways. Whatever the scenario or situation that has led to substance use or misuse, help is available. If you or a loved one may have substance use disorder, know that help is available.

The **Just Five program** is available to help increase awareness about substance use disorder, reduce the stigma associated with the disease and learn more about prevention and treatment.

For access to substance use information and resources, visit justfive.org/pa-gov/

“By investing just five minutes to learn more about this disease, you can help your friends, family, and members of your community who may be struggling. By helping each other, we all become stronger.”

— DDAP Secretary Jen Smith

Additional confidential* support for you and your family



For more information about mental health and to access your benefits, **call SEAP 24/7 at 1-800-692-7459** or visit liveandworkwell.com using access code: Pennsylvania



Pennsylvania's Get Help Now Hotline is a confidential* hotline available around the clock, 365 days a year to connect you or a loved one with local substance use treatment and services. Call **1-800-662-HELP (4357)**.

*Confidential in accordance with the law.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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