

For more information about mental health, substance use and recovery, go to:
www.stampoutstigma.com/recovery

Need help now?

If you are experiencing thoughts of suicide or something else that is urgent or an emergency, **call 911** or **1-800-273-TALK (8255)**.

To connect with specialists trained in addressing substance use disorders, call the Optum Substance Use Disorder Helpline at **1-855-780-5955**. It's confidential and available 24/7.



Here for Recovery Month. Here for Every Day.

For people living with mental health and substance use disorders, this year's events may have made symptoms worse. For those in recovery, the events may have contributed to a relapse.

September is Recovery Month. Recovery is a process of change. It helps you improve health and wellness. It also helps you reach your full potential and live a life you control. Recovery is especially important for people living with mental health and substance use disorders. But it can help most anyone.

**Let's work to increase awareness and understanding.
Together we can support those who may need or are already
in recovery.**

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. Consult with your clinician for specific health care needs, treatment or medication. 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 are subject to change. Coverage exclusions and limitations may apply.



Pandemic impacts on mental health and wellness

36% of Americans say COVID-19 is seriously impacting their mental health. 59% feel it's seriously affecting their day-to-day lives.

57% of adults are concerned the pandemic will have a serious negative impact on their finances. Almost half are worried about running out of food, medicine and/or supplies.

68% of Americans fear that the pandemic will have a long-lasting impact on the economy.

People with a substance use disorder may be at greater risk for getting the coronavirus. This is because they are more likely to have suppressed immune systems. It's also because they are at greater risk for respiratory infections and may have lung and heart diseases.

Physical distancing measures are important for slowing the spread of the coronavirus. But they may eliminate the social support needed for recovery.

Mental health and substance use disorders

Nearly 20% of U.S. adults are diagnosed with a mental illness.

About 4% of Americans had a drug use disorder in the past year. About 10% have had a drug use disorder at some time. About 75% don't get treatment.

About 50% of those who experience a mental illness during their lives will also experience a substance use disorder and vice versa.

Substance use problems occur more often with certain mental health problems. This includes depression, anxiety disorders, schizophrenia and personality disorders.

Marijuana is the most common form of illicit drug use. Prescription pain relievers are second.

People with substance use disorders have significantly shorter life spans than the general population. Causes include:

- Higher rates of cardiovascular disease, diabetes, respiratory disease, and HIV and other infectious diseases
- High rates of smoking and substance misuse
- High rates of obesity
- Unsafe sexual practices
- Poverty
- Social isolation
- Trauma and violence
- Incarceration

- Lack of coordination between mental and primary health care providers
- Prejudice and discrimination
- Medication side effects
- Lack of access to health care

1 in 6 U.S. adults binge drink. That's more than 38 million people. Drinking too much causes:

- 88,000 deaths per year
- Violence, injuries and motor vehicle crashes
- Risky sexual behaviors, unintended pregnancies, miscarriage and stillbirth
- Chronic conditions such as cancer, heart disease and high blood pressure
- \$249 billion in economic cost; this is mostly due to lost workplace productivity, health care expenses, criminal justice expenses and motor vehicle crashes

In 2019, nearly 69,000 people in the United States died of drug overdoses.

