

Drug Use and Addiction Education and Advocacy Resources

National Institute on Drug Abuse
www.drugabuse.gov
301-443-1124

Substance Use Support
www.aa.org

U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov

Contact Us

Our Customer Care Representatives are available 24 hours a day, 7 days a week.

Call Us At: **1-888-788-4408**
TTY/TDY: 711

For an urgent need, call our
Crisis Phone Line at:
Southern Region and Pinal County call:
866-495-6735

In Gila County, call: **877-756-4090**
In Maricopa County, call: **800-631-1314**



Arizona Complete Health
333 E. Wetmore Road
Tucson, AZ 85705
www.AZCompleteHealth.com

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*(Substance Abuse and Mental Health Services Administration, 2014)



What is substance use and addiction?



Serving: Cochise, Graham, Greenlee, Gila, La Paz, Maricopa, Pima, Pinal, Santa Cruz, Yuma

What is Substance Use Disorder and Addiction?

A substance use disorder is using drugs or alcohol even though doing so causes problems in your life. Addiction is a physical or mental dependence on drugs or alcohol. This can mean when you stop using drugs or alcohol you get sick. It can mean that you cannot stop thinking about them.

**OVER 22 MILLION PEOPLE USE
DRUGS AND ALCOHOL***

Have Questions? Call us at 1-888-788-4408

It's Bad for Your Health

A substance use disorder affects you and those around you. Substance use problems can lead to poor health, violence, arrest, injury to others or even suicide.

Studies show people with a substance addiction may also suffer from other mental health problems like depression. A person with a substance use problem is not a bad person. They may need help from an expert. Without help problems can get worse.

Signs of a Possible Problem:

- Drinking in risky situations (driving, swimming, etc.)
- Continued use of alcohol or drugs
- Obligations at work, home or school are neglected due to drinking or drug use
- Legal problems related to drinking or drug use such as: domestic violence, assault or DUI

Getting Help

See your doctor or call us. We can help you.

Who is Arizona Complete Health-Complete Care Plan?

We manage behavioral health and physical health benefits for vulnerable populations. We help people get support for their substance use and addiction problems. We can help you get what you need to make smart choices for your health and wellness.

Some Ways We Help:

- Find providers in your area
- Make referrals
- Help you make appointments
- Help you find transportation

First Appointment: What to Expect

Your provider will want to get to know you. They will want to know the problems you want to work on. They may ask about your family background. They want to help you find strengths and skills that will help you recover.

Providers are bound by strict rules to keep your data private. What you tell your provider helps them create the right treatment plan for you.

Your Role in Treatment

A treatment plan is made by you and your provider and may include:

- Group and personal therapy
- Family therapy
- Peer support groups
- Residential or day programs
- In some cases, medicine

Take the First Step!

- Talk to friends, family, and peers.
- Don't be afraid to ask for help.
- Avoid people or places that make you feel the urge to use drugs or alcohol.

Feeling Better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

Help Your Provider By:

- Talking about your feelings and progress. Tell them as much as you can.
- Writing down how the medication makes you feel.

This will help you both make better choices about your treatment. If you're ever unhappy with your treatment plan or if you feel you're not seeing results, call us.

We can help find you a new provider to work with if needed.