



**Mental Health
& Substance Use
Recovery Toolkit**



Care Management

Would you like help with understanding or staying on top of your health care? Care Management can help you with:

- Community resources and support
- Managing health conditions
- Coordinating care



You can work one-on-one with a Care Manager to meet your health goals. Call **1-833-230-2037** (TTY:711) to reach our team and learn more.



You can also call and speak with a nurse at our 24-Hour Nurse Advice Line **1-866-206-0701** (TTY: 711) 24/7.

Here's How To Get Help



If you are in crisis, there is help.

Resource Name	Next Steps	Details
 9-8-8 Suicide and Crisis Line	Dial 9-8-8. You can call, text, chat or video chat 24 hours a day, 7 days a week.	Call or text this number to reach a crisis counselor. Call if: • You feel hopeless or overwhelmed. • You feel like there is no reason for living. • You are using or abusing drugs or alcohol. • You are having dramatic mood changes.
CareSource Member Benefits	Next Steps	Details
 Crisis Services	Call our 24-Hour Nurse Advice Line at 1-866-206-0701 (TTY: 711). You can speak to licensed staff with behavioral health training. Save this number in your phone for quick use.	Call to talk to someone or go to the ER if you think you might hurt yourself or someone else.



Need someone to talk to or get other mental wellness support?

CareSource Member Benefits	Next Steps	Details
 CareSource Addiction Support Line	Call our Addiction Support Line at 1-833-674-6437. You can call 24/7. Save this number in your phone for easy access.	We can help you get on the road to recovery from substance use. Call the support line. We can help you get started.
 myStrengthSM App	Access myStrength through your CareSource MyLife member portal account.	Free app for members (ages 13+) for mental wellness support. It offers a mood tracker, mindfulness exercises, parenting tips, stress help tips and more.
 Medication Management	Find a Doctor Tool	Medication Management is when you work with your provider to make sure your medications are working. This could be things like reviewing and changing your dosage.





Looking for a path to recovery?

CareSource Member Benefits	Next Steps	Details
 Individual/Family/Group Therapy	<u>Find a Doctor</u> Tool You can also use telehealth through <u>Teladoc®</u>, your provider or other telehealth counseling providers for this type of care. Teladoc counseling visits are offered at \$0 cost*	This includes: • Psychologists • Counselors or Therapists • Substance Use Professionals
 Intensive Outpatient Treatment (IOT) Services	Work with a health care provider to get a referral or get help contacting an outpatient facility directly. You can also look for one with our <u>Find a Doctor</u> Tool or the <u>Shatterproof Treatment Atlas</u>.	IOT services are outpatient. You will have sessions to help treat mental health concerns and/or substance use. You may have individual and group therapies. Medication management may also be part of IOT.
 Substance Use Disorder (SUD) Residential	Work with a health care provider to get a referral or get help contacting a SUD residential facility directly. You can also look for one with our <u>Find a Doctor</u> Tool or the <u>Shatterproof Treatment Atlas</u>.	Residential Treatment requires some conditions be met through a prior authorization. Substance Use Disorder (SUD) Residential Treatment takes place in a safe location. You will live at a facility and get recovery services. You will have access to care 24/7. The care you get could be one-on-one, in a group or with your family. You will get recovery support and learn coping skills.





Need someone to talk to or other mental wellness support?

CareSource Member Benefits	Next Steps	Details
 Medication Assisted Treatment (MAT)	<u>Find a Doctor</u> Tool	Medication Assisted Treatment (MAT) helps ease cravings for drugs and alcohol. It has two parts. One part is prescription medications. Medications used in MAT balance the chemicals in your brain. The other part is support services. Support services include doctor visits or one-on-one or group therapy. These two things can help you stay sober.
 Opioid Treatment Program (OTP)	<u>Find a Doctor</u> Tool <u>Shatterproof Treatment Atlas</u>	Opioid Treatment Program (OTP) is a type of Medication Assisted Treatment (MAT). It is for those with Opioid Use Disorder. OTP helps ease cravings for opioids. It has two parts. One part is prescription medications. Medications used in OTP balance the chemicals in your brain. The other part is support services. Support services include doctor visits or one-on-one or group therapy. These things help you stay off opioids.
 Partial Hospitalization Program (PHP)	Work with a health care provider to get a referral and prior authorization. They can also help you contact a facility directly. You can also look for one with our <u>Find a Doctor</u> Tool or the <u>Shatterproof Treatment Atlas</u>.	PHP is available for both mental health and substance use disorder treatment.

CareSource Member Benefits	Next Steps	Details
 Inpatient Services	If you need Inpatient services, you will require a doctor's approval. Your doctor can contact or help you contact a facility directly. You can also go Emergency Room if you are concerned that you or a loved one's safety is in danger.	Inpatient services are when you spend at least one night in a hospital setting and get care. This care could be for mental health and/or substance use needs.
 Medication Assisted Treatment (MAT)	<u>Find a Doctor</u> Tool	Medication Assisted Treatment (MAT) helps ease cravings for drugs and alcohol. It has two parts. One part is prescription medications. Medications used in MAT balance the chemicals in your brain. The other part is support services. Support services include doctor visits or one-on-one or group therapy. These two things can help you stay sober.
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Pregnant or postpartum and need support?

CareSource Member Benefits	Next Steps	Details
 Postpartum (After birth) Mental Health Services	Follow-up with your OB-GYN Visit our website: CareSource.com/members/education/pregnancy/	Make sure you know when to call your doctor and go to your postpartum checkup.
 National Maternal Mental Health Hotline	Call or text at any time 24/7 at 1-833-9-HELP4MOMS or 1-833-943-5746. The hotline is confidential and free. Website: mchb.hrsa.gov/national-maternal-mental-health-hotline	You can talk with providers, childbirth experts and certified peer specialists. The hotline offers support, brief intervention and resources.



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