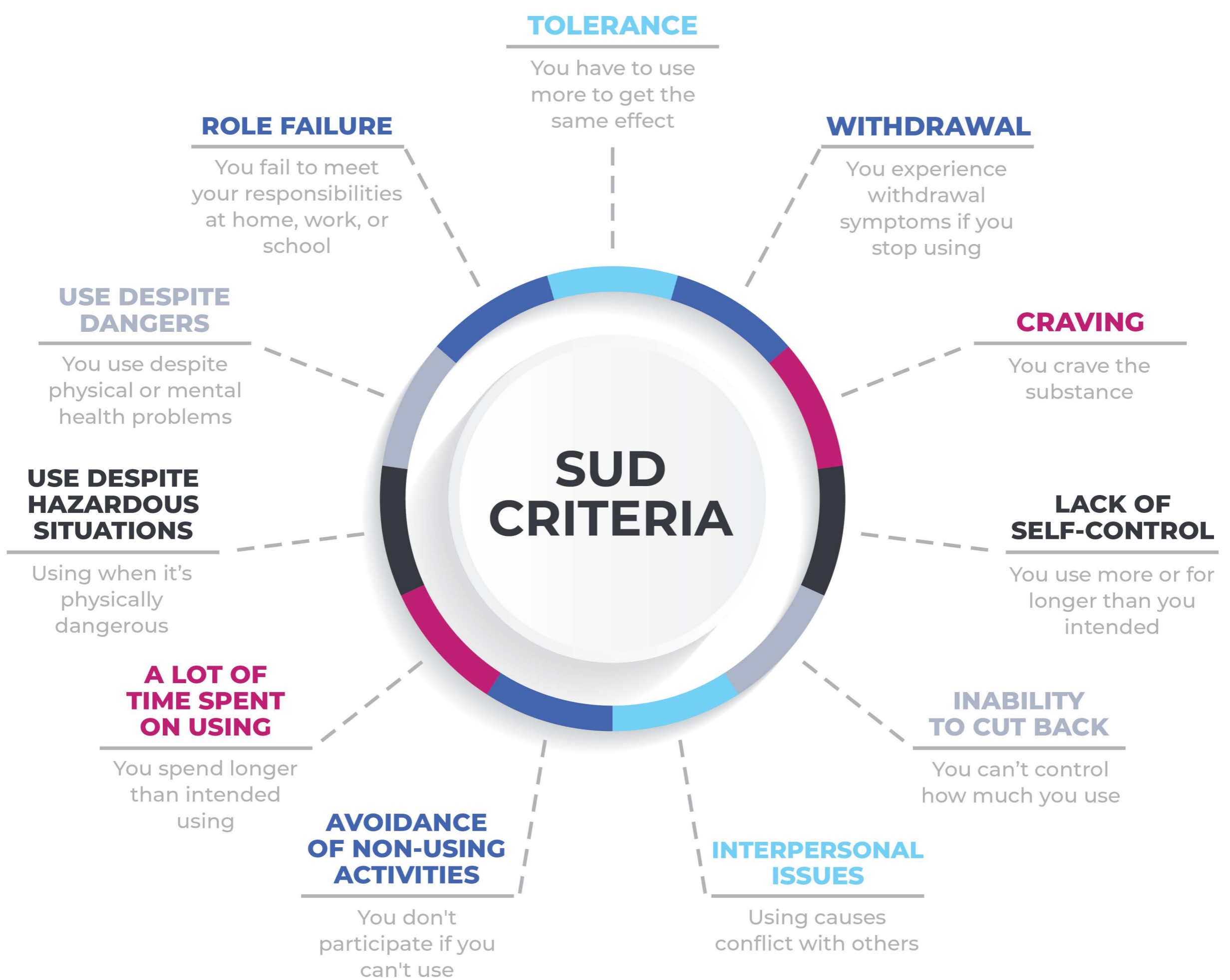


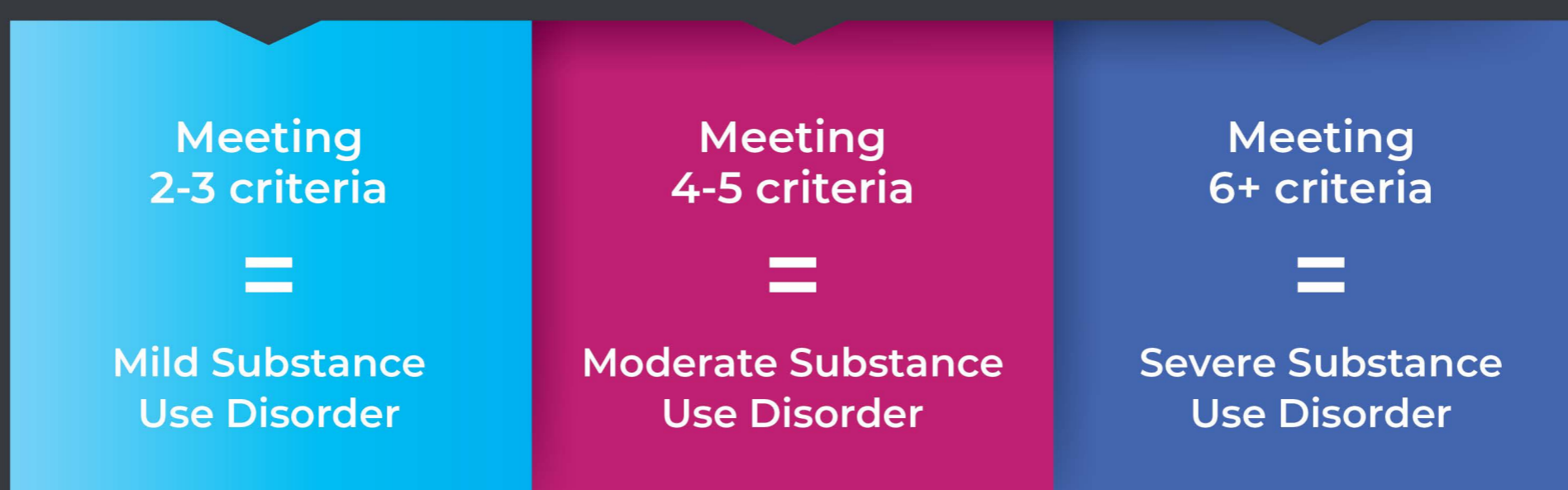
# WHAT IS SUBSTANCE USE DISORDER?

The latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines substance use disorder (SUD) as occurring when “substance use causes significant problems in someone’s life, such as health issues, disability, and/or not meeting responsibilities at work, home, or school.”



## LEVELS OF SEVERITY

within a 12-month period:



## WHERE TO GET HELP:

Youturn Health clients can get education, peer coaching, and family support for substance use disorder and mental health. Contact **888-520-1868** or **admissions@youturnhealth.com**.

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline (1-800-662-4357) also provides information on support and treatment specific to your location.