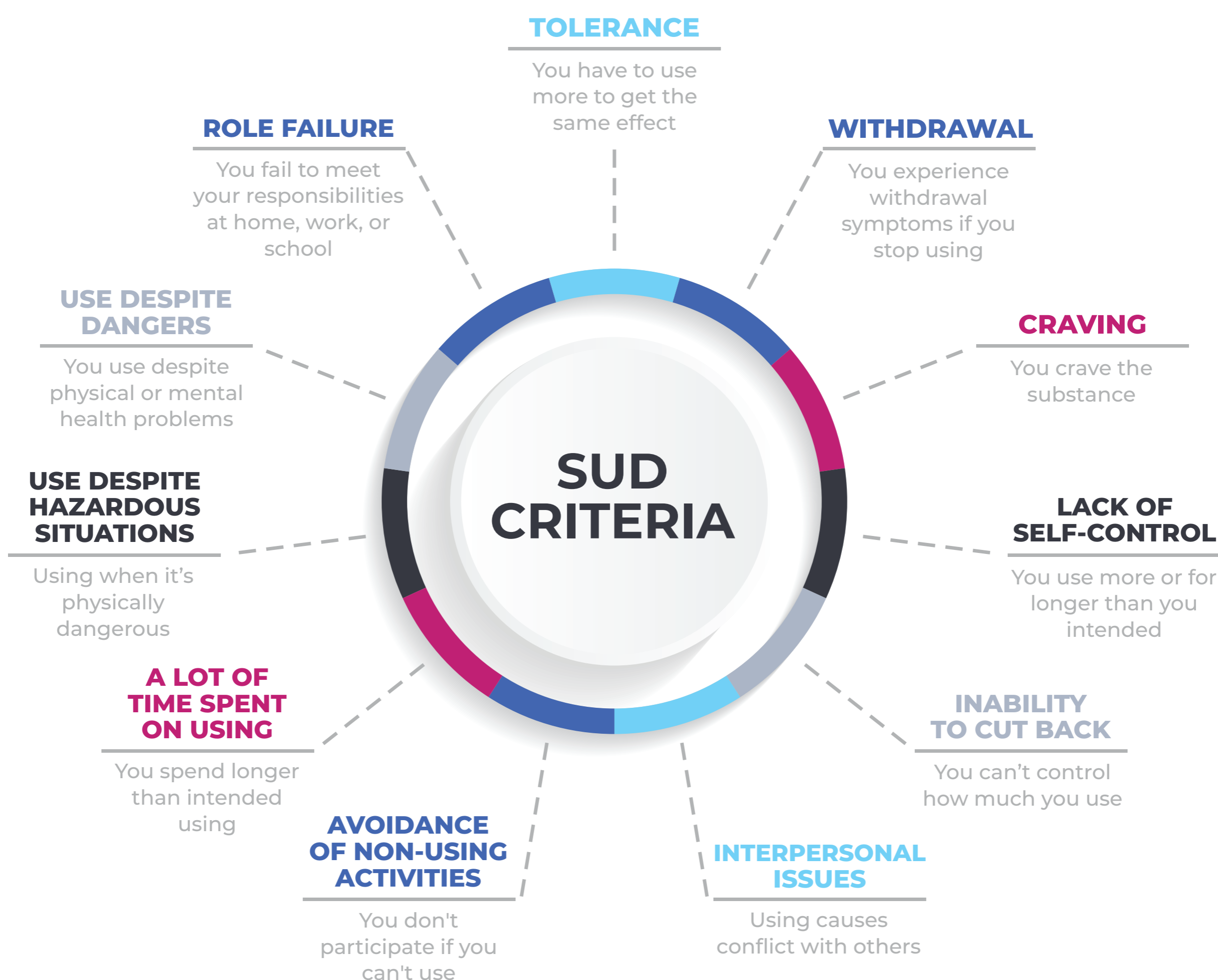


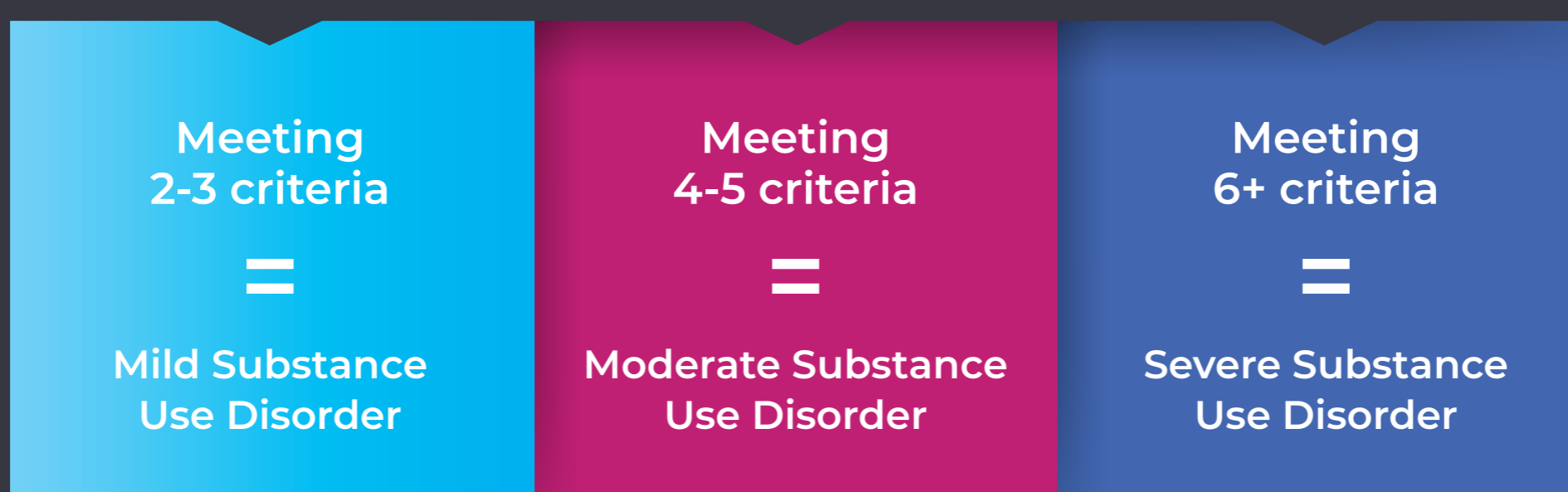
WHAT IS SUBSTANCE USE DISORDER?

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:



YOUTURN HEALTH: SUPPORT FOR YOU AND YOUR FAMILY



LEARN MORE

Learn more about substance use disorder on the Youturn app. Scan the QR code to download the app and select Sign Up to register.*

Once you're signed in, tap on *Resources*, then *Youturn Education Videos* to find videos on substance use disorder.



PEER COACHING SUPPORT LINE

Call 1-844-YOUTURN to get answers to your mental health questions. Available daily from 10am-12am.

*Call the Peer Coaching Support Line (1-844-YOUTURN) if you don't know your registration code.