



# 73% of Today's Workforce Experiences Stress That Can Lead to Substance Misuse



## INTRODUCING YOUTURN HEALTH

We offer a confidential, virtual program that can help you by identifying and supporting you through behavioral health challenges like stress and anxiety, which can trigger substance misuse.

*If you feel like you're reaching a crisis point, Youturn Health can help.*

We provide easily accessible, end-to-end support for you and your family, with tools including peer coaching, resources, and an online learning library.

**Youturn Health can help you gain insight into — and manage — stressors and triggers that may lead to destructive behaviors like substance misuse.**

## Trust Youturn Health to understand your unique challenges.

Our evidence-based program follows industry-leading strategies and is backed by an understanding, empathic leadership team that has lived experience in behavioral health.

### PROGRAM ATTRIBUTES:

- Peer coaching based on lived experience
- Access to support groups
- Online education on substance misuse, treatment, and recovery
- Available 24/7/365
- Support for family and loved ones

IS YOUTURN HEALTH RIGHT FOR YOU AND YOUR FAMILY? REACH OUT TO LEARN MORE:

# Youturn

## HEALTH



CALL: 855-944-4352

EMAIL: [provideradmissions@youturnhealth.com](mailto:provideradmissions@youturnhealth.com)

ENROLL: [YouturnHealth.com](https://YouturnHealth.com)

REGISTRATION CODE: CBA1

[YouturnHealth.com](https://YouturnHealth.com)

*We focus on helping you maintain long-term success.*

# WHAT WE OFFER

## PEER COACHING

You are connected with our committed peer coaches who stay involved throughout your journey. Our Assertive

Community Engagement (ACE) coaches use evidence-based strategies and their own lived experiences to guide you in taking meaningful steps by developing new behaviors, increasing family support and promoting personal accountability.



## OUR EXPERTISE

Our founders, leadership team, and coaches all have lived experiences with these challenges.

We understand the unique difficulties and nuances of substance misuse. Our program is built on sustained, engaging support for individuals — because this is what works.

*Your journey to improved wellbeing can start wherever you are.*

## END-TO-END SUPPORT

We also specialize in long-term stress management techniques that address addiction and abuse. We can connect you with a peer coach who will stay involved throughout your journey.



## FAMILY SUPPORT

Studies have shown individuals are more likely to succeed in support programs when their family is involved. We provide your family members a baseline education on substance misuse, including recovery options.



## ONLINE LEARNING & ASSESSMENT PLATFORM

We provide access to an extensive virtual library of educational, inspirational, and insightful videos that help you understand the nature of addressing substance misuse.

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