



# 73% of people experience stress that affects their mental health.

Juggling the responsibilities of life can be stressful. Many of us turn to substances to help us cope. But sometimes the substances can take over and become the major source of our troubles. Loss of control over substance use can cause additional concerns over our employment and sense of security. **And it can be hard to know how to break the cycle.**

## **IF YOU NEED SUPPORT, AND DON'T KNOW WHERE TO TURN, YOU CAN START WITH US.**

We offer confidential online support for hardworking people like you. You can receive unlimited coaching for you (and your family!).

And you'll have access to our online learning management system with an extensive library of educational, inspirational, and insightful videos about substance abuse and suicide prevention that will support you as you regain control over your life.

## We understand. We can help.

**Participants and their families can conveniently access education and support virtually — no matter where they are in their journey.**

**EDUCATION** ▶ Our online learning management system features an extensive library of educational, inspiring, and insightful videos designed to increase understanding of stress, anxiety, and wellness.

**PEER COACHING** ▶ State-certified Assertive Community Engagement (ACE) NAADAC trained coaches understand which community resources and programs best fit your situation.

**FAMILY SUPPORT** ▶ Dedicated coaches who have lived experience as a family member of a loved one who has struggled with – or lost their lives – due to substance misuse.

Is Youturn Health right for you and your family? Reach out to learn more:

**Youturn**  
HEALTH

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## YOUR JOURNEY TO IMPROVED WELLBEING CAN START WHEREVER YOU ARE TODAY.

Youturn Health can help you find and maintain recovery from whatever mental or emotional challenges you may be experiencing, including substance misuse, depression and anxiety, and suicidal thoughts.

**OUR PEER COACHES** can help you take meaningful steps toward improved resilience by developing new behaviors, increasing family support, and promoting personal accountability.

We support you and help you learn new healthier ways of coping, including:

- › **Boundary Setting**
- › **Mindfulness**
- › **Understanding Addictive Habits**
- › **Intervention and Strategies**
- › **Self-Care and Coping Strategies**
- › **Stress Management**

## FAMILY SUPPORT

Almost 75% of people seeking recovery achieve their goal, and studies have shown they are more likely to stay in recovery when their family is involved in the recovery journey.

We provide your family members a baseline education on substance use disorders, including recovery and treatment options.

Peer coaches facilitate family healing with the understanding that family support can increase the likelihood that their loved one will seek help for substance misuse and maintain their recovery journey.



**The Youturn Health family recovery program consists of dedicated coaches who have lived experience as a family member of a loved one who has struggled with – or lost their lives due to – substance misuse.**

# Change is a process, not an event.

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