

You are not alone, and we are here to help.

The Alabama Department of Public Health lists Substance Use as the #1 health concern in the state, alongside mental health. Substance use is increasing in Alabama, and it can be a hidden problem. Substance users may not know their substance use is negatively impacting their lives, know how to seek treatment, or feel embarrassed about their use or seeking treatment. We want to remove the stigma and help connect recipients with treatment options.

The National Institutes of Health (NIH) list the following questions to help identify a substance use problem:

- Do you think about drugs a lot?
- Did you ever try to stop or cut down on your drug usage but couldn't?
- Have you ever thought you couldn't fit in or have a good time without the use of drugs?
- Do you ever use drugs because you are upset or angry at other people?
- Have you ever used a drug without knowing what it was or what it would do to you?
- Have you ever taken one drug to get over the effects of another?
- Have you ever made mistakes at a job or school because you were using drugs?
- Does the thought of running out of drugs scare you?
- Have you ever stolen drugs or stolen to pay for drugs?
- Have you ever been arrested or in the hospital because of your drug use?
- Have you ever overdosed on drugs?
- Has using drugs hurt your relationships with other people?

If the answer to some or all these questions is yes, you might have a substance use problem.

Source: NIH National Institute of Drug Abuse

Substance use problems can happen to people from all backgrounds and can happen at any age. Through scientific research, we now know more than ever about how substance use affects the brain, and we also know that substance use disorder can be successfully treated to help people stop using drugs and improve their life.



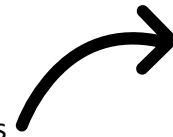
If you think you or another recipient you know may have a substance use problem, we can help. Please call us today to start the recovery journey to improve your health and life. If another recipient you know may have a substance use problem, encourage them to call us today.

Keep Your Medicaid!

You must renew your Medicaid every year. Stay up to date about changes that can affect your benefits. Add or change your contact information (mailing and email addresses) with the Alabama Medicaid Agency as soon as possible to get notifications.

Ways to change your address:

- Visit <https://medicaid.alabama.gov> and click the grey mailbox
- Scan the [QR Code](#) here and follow the steps to change your address
- Call the [Recipient Call Center](#): (800) 362-1504



If you qualify for an SSI check from the Social Security Administration (SSA), please contact the SSA office to update your address and other information.

Recipients can sign up to get text notifications by texting the keyword MEDICAIDAL to 888777

North Alabama
CommunityCare

PO Box 18926
Huntsville, AL 35804

Tel: (256) 382-2590
Fax: (256) 382-2715

www.northalcc.org

**If you have health concerns,
North Alabama Community Care can help!**

We can help with:

- Finding Community Resources
- Finding a doctor who accepts Medicaid
- Attending doctor appointments
- Helping promote a healthy lifestyle