

# Find a helping hand with Anthem

24/7 drug and alcohol support

If you or someone in your family is struggling with drug or alcohol use, we can help. Anthem provides caring support and effective resources that can help with recovery.

## Taking the first step toward recovery

Call the Behavioral Health Resources number on your health plan ID card and ask to speak with the substance use navigation team. Our knowledgeable, caring representatives are here for support and guidance 24/7.

You can talk with them about your situation and learn about care options near you. They'll help with arrangements, same-day referrals,\* and manage the details so you can focus on your health.\*\*



## Additional resources and support



For more behavioral health resources, scan the QR code with your tablet or phone's camera, visit

[anthemknowledge.com/abcbs](https://anthemknowledge.com/abcbs), or call the Behavioral Health Resources number on your health plan ID card.



\* Time to appointments vary based on virtual and in-person option preferences.

\*\* Follow-ups for all high-risk cases

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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