

Let's reach out
to each other.

Just a **smile**, a **hello**
or a **kind word** can
mean so much to
another person.



Are you or a loved one struggling with substance use?

Prevention and early intervention activities can reduce the negative impact substance use disorder has on individuals and in communities.

The Hello Idaho! campaign is designed to address isolation and to help people stay connected. Say "Hello" to begin the conversation about how to prevent substance use disorder and find treatments to help people live a healthy life.

If you or someone you know struggles with substance use disorder call the Idaho Careline at **211**, a free statewide community information and referral service. You can also text the Idaho Careline at **898211** or visit them online at www.healthandwelfare.idaho.gov/services-programs/211

For more information or to request Hello Idaho! materials for Substance Use Prevention visit optum.com/helloidaho or email idaho.communications@optum.com.

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#helloidaho #mymentalhealthidaho



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