

Youturn

HEALTH

Bridging the Gap Between Inaction and Treatment for Mental Health, Substance Misuse, and Suicidal Ideation

Youturn Health offers a confidential, virtual solution that meets the needs of the individual's lived experiences, wherever they are on their journey.

We understand the unique difficulties and nuances of behavioral health and stress management. Our program is built on sustained, engaging support for individuals – because that's what works. We know from experience. Our founders, leadership team, and coaches all have lived experience with behavioral health challenges.

HOW WE HELP

PEER COACHING

An established, strong support network based on lived experience, where trained coaches can relate to participants and their families through a mix of lived experience, evidence-based strategies, and education.

ONLINE LEARNING AND ASSESSMENT PLATFORM

Access to an extensive virtual library of educational, inspirational, and insightful videos that help participants understand the nature of addressing behavioral health challenges, stress management, substance misuse, and suicidal ideation, as well as assessments to determine suicide risk.

FAMILY SUPPORT

Inclusive family support, which is vital to positive long-term outcomes and allowing individuals to practice self-care in a manner that is sustainable through their own support network.

WHO WE HELP

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Find out if Youturn Health is right for your organization **CALL: 888-520-1868**
EMAIL: Admissions@YouturnHealth.com

YouturnHealth.com

We focus on helping you maintain long-term success.

WHO WE HELP

EMPLOYERS › Youturn Health complements employers' existing tools, supporting your employees with the right level of care. We understand the unique challenges of behavioral health and recovery and are experts at finding and engaging people who are currently falling through the cracks.

With Youturn Health, you can have peace of mind that your employees are being taken care of through a strong support network based on lived experience, where trained coaches can relate to patients through a mix of lived experience and education; inclusive family support; and an evidence-backed program, with a dedicated leadership team that shares their own lived experience.

TREATMENT CENTERS › Recovery today doesn't allow for relapses. Youturn Health is your partner in helping prevent them. We know managing behavioral health and recovery can be challenging, so our program connects treatment centers with more patients and delivers efficiencies in long-term support.

With Youturn Health, you can provide a better patient experience through end-to-end support that improves long-term engagement with patients and decreases risk of relapse; inclusive family support and engagement; a virtual program that truly understands, backed by a dedicated leadership team that shares their own lived experience.

VETERANS AND FIRST RESPONDERS › The stress and trauma of the job can make it difficult to cope with everyday life. Our virtual, evidence-based program uses harm-reduction and behavioral modification to provide the support that veterans and first responders need.

With Youturn Health, veterans and first responders get the unique help they need through trained coaches with similar lived experiences who use proactive outreach and education to help develop new behaviors; inclusive family support and engagement; a virtual program that truly understands, backed by a dedicated leadership team that shares their own lived experience.

INMATE POPULATION › Former inmates often return to drug use because of poor social support, medical problems, and inadequate financial resources, all of which lead to overdoses and re-incarceration. Youturn Health's virtual all-in-one solution helps jails and prisons reduce abuse during incarceration and after release.

Youturn Health's re-entry program includes extensive video education on topics like stress, anxiety, and substance misuse; peer coaches who understand that the transition to society can be challenging; family involvement and support; and a virtual program that truly understands, backed by a dedicated leadership team that shares their own lived experience.

Employers Spend \$15,000+ More/Year on Employees who Experience Mental Distress

Up to 85% of Adults Leaving Treatment Experience a Relapse Within One Year

First Responders are 3X More Likely to Suffer from Substance Use Disorder than the General Public

Almost 90% of Former Inmates Return to Drug Use After Release

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