



News you can use...from your EAP

What is problem drinking or drug use?

Alcohol and drug problems occur at all educational and social levels, and in every age group. Ask yourself the following questions. If the answer to any of them is yes, you need to examine how alcohol or drug use is affecting your health, safety, job performance and relationships with others.

Do you have a problem?

1. Do you ever drink heavily or get high to help you cope with problems in your life?
2. Do you tell yourself you can stop drinking or using drugs any time you want to, but you keep getting drunk or high when you don't intend to?
3. Has a family member, friend, or your employer ever expressed concern or complained about your drinking or drug use?
4. Have you had financial, work, family, or legal problems as a result of your drinking or drug use?
5. Have you driven a car while intoxicated or in a drug-induced haze? Have you gone to work drunk or high?
6. Do you need to resort to chemical assistance in order to do something (start the day, work or have sex, for example), to change how you feel (sad, scared, anxious or angry), or to banish shyness or bolster confidence?
7. Do you notice you have an increased need for more alcohol or more of your drug of choice in order to feel high?
8. Have you developed medical problems or suffered injuries as a result of your drinking or drug use?

Symptoms of chemical dependency

The questions above represent some of the symptoms of chemical dependency. Generally speaking, chemical dependency is the repeated use of a physical substance (alcohol, cocaine, marijuana, prescription drugs) that causes trouble in the user's personal, professional or family life. When a chemically dependent person drinks or uses, they can't always predict when they will stop, how much they'll drink or use, or what the consequences will be.

What to do

Recognizing that you have a problem is the first step toward recovering from problem drinking or drug use. The next step is seeking help from doctors or therapists who deal with alcohol and drug problems and recovery. If you think that you or a family member might have a problem, contact your Employee Assistance Program (EAP) for free and confidential counseling, referrals or additional information. Professional EAP counselors are specially trained to help people get the right help for an alcohol or drug problem. Remember, your EAP is always available to assist you or your dependents with your personal, family or work-related concerns.

To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com