

Struggling to stay sober?

Health Advocate is here for you



Substance use and abuse are common in our society. If you are worried about your own—or a family member's substance abuse—know that your caring Health Advocate EAP experts are ready to help. Here's helpful information and how we can help:

Substance abuse is when a person frequently overuses or misuses alcohol, medications, and other legal and illegal drugs.

Know the signs

- Drinking too much alcohol, taking too much prescription medication, and/or other drugs
- Needing more and more amounts of alcohol and/or drugs to get drunk or high
- Continuing to use substances even though it causes problems in life
- Slurred speech; lack of coordination
- Irritable mood; trouble handling emotions
- Sudden changes in behavior

Substance abuse vs. addiction

- Most people who abuse substances are able to stop or learn to better control their unhealthy habits.
- People who are addicted become physically and psychologically dependent and have difficulty controlling their substance use.

An EAP Professional can help you:

- Understand the signs and symptoms of substance abuse and addiction
- Sort through your habits and triggers
- Adopt healthier behaviors and coping strategies
- Locate in-network providers, programs and other treatment options specializing in substance abuse
- Find local support groups and community resources

Visit the website to find trustworthy health information, webinars, self-assessments, online courses and other resources.



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