

Do you have a substance abuse problem?

Health Advocate is here for you

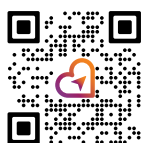


Whether it's marijuana, alcohol, or another substance, you may be addicted if you can't stop—even if you want to stop, or know it will harm you. Early recognition of a possible substance abuse problem increases your chances for successful treatment. To see if you may be on the road to addiction, ask yourself the following questions:

1. Do you think about drugs/alcohol often?
2. Did you ever try to stop or cut down on your drugs/alcohol usage but couldn't?
3. Have you ever thought you couldn't fit in or have a good time without the use of drugs/alcohol?
4. Do you ever use drugs/alcohol because you are upset or angry at other people?
5. Have you ever used a drug without knowing what it was or what it would do to you?
6. Have you ever taken one drug to get over the effects of another?
7. Have you ever made mistakes at a job or at school because you were using drugs/alcohol?
8. Does the thought of running out of drugs/alcohol really scare you?
9. Have you ever stole drugs/alcohol or stolen to pay for them?
10. Have you ever been arrested or in the hospital because of your drug/alcohol use?
11. Have you ever overdosed on drugs/alcohol?
12. Has using drugs/alcohol hurt your relationships with other people?

It's time to get help. Call us. We're always here for you.

If the answer to some or all of these questions is yes, you might have an addiction. Your EAP+Work/Life program offers confidential help at no cost to you to assess your problem and connect you to the right care for your situation. If needed, we can help find in-network providers specializing in substance abuse, as well as addiction treatment centers and other resources. Don't wait. We can help you move forward to better well-being!



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