

# Alcohol or Drugs: Getting Help

Have you ever wondered if you drink too much or have a problem with drugs? Answering “yes” to one or more of these questions may indicate that you are at risk.

- ▶ Do you worry that you drink too often?
- ▶ Do you binge drink or struggle to stop drinking once you start?
- ▶ Do you use illegal drugs or use legal or prescription drugs other than as recommended?
- ▶ Have you ever called in sick to work because you had a hangover?
- ▶ Are you more likely to attend a social gathering if alcohol or drugs are involved?
- ▶ Have you ever had legal difficulties due to alcohol or drug use?
- ▶ When sober, do you feel regret or embarrassment about your behavior while under the influence?
- ▶ Do you have difficulty remembering your actions while under the influence?

If your answers indicate that you may need assistance, or if you are worried about a friend, colleague, or loved one, LifeMatters can help. Free, confidential services include:

- ▶ Counseling for alcohol or drug-related issues
- ▶ Referrals to support groups or 12-step programs
- ▶ Ongoing support during the recovery process
- ▶ Assistance with talking to a friend or loved one about substance abuse or with supporting someone during their recovery



In addition, someone who has struggled with drug or alcohol use can aid their recovery by:

- ▶ Talking with their healthcare provider about whether they will require medical assistance
- ▶ Exercising, eating healthy, and getting seven to nine hours of sleep a night
- ▶ Developing healthy coping skills for managing stress, such as meditation or visualization
- ▶ Connecting with people who are supportive and encouraging

If alcohol or drugs are affecting your own or a loved one’s life, work, or plans for the future, LifeMatters can help. Call today.

The above information is for educational purposes only and is not intended to take the place of medical advice.

Call **LifeMatters®** toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

**mylifematters.com** • Text\* “Hello” to 61295

Call collect to **262-574-2509** if outside of North America

TTY/TRS 711 and language translation services are available

\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel. SMS terms of service at <https://www.empathia.com/sms/terms.pdf>. Privacy policy: <https://empathia.com/privacy.pdf>

