

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.

Call **LifeMatters®** by Empathia toll-free anytime.
1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
Call collect to **262-574-2509** if outside of North America
Visit **LifeMatters®** online at **mylifematters.com**

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
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