



## 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 abuse
- 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.

## 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing  
**mylifematters.com** • 24/7/365 • CRS TTY: 711

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

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice.

