

SUPPORT FOR SUBSTANCE ABUSE

Many of us use alcohol and drugs on a casual basis, or for medical reasons, without any lasting consequences. However, there are also many individuals who cross the line and begin to experience drug and alcohol-related problems. Impaired judgment and perception, poor work and school habits, family issues, trouble with the law, and medical conditions are common among those who routinely abuse alcohol and drugs.

How can you tell if you, a friend or a loved one is having problems with drugs or alcohol? Sometimes it's not that easy. Many of those who have drug or alcohol problems will not ask for help and will do everything possible to hide or deny their problem. Yet, there are a few warning signs that might indicate someone is losing control.

Ask yourself the following questions. If you answer "yes" to any of them, for yourself or someone you're concerned about, it may indicate the need for assistance with a drug or alcohol problem.

- Has drinking or drug use caused relationship problems for the individual?
- Has drinking or drug use caused problems with the individual's primary responsibilities (e.g., work, school, caregiving, etc.)?
- Has the individual ever tried to stop using alcohol or drugs but has been unsuccessful?
- Has drinking or drug use caused any legal difficulties?
- Has drinking or drug use caused the individual to show signs of illness (e.g., shakiness, vomiting, paranoia, depression, suicidal ideation)?
- Has the individual tried to conceal or minimize the amount of alcohol or drugs consumed?
- Does the individual find it difficult to have a good time without using substances?
- Does the individual drink or use drugs alone or avoid family and friends who don't participate in drug or alcohol use?
- Does the individual turn to alcohol or drugs after an argument or when experiencing uncomfortable feelings?
- Have others expressed concern about the individual's alcohol or drug use?



JHEAP CAN HELP

As part of JHEAP's support benefits, counselors are available toll-free 24 hours a day, 7 days a week to help you or a loved one who may be developing problematic habits. **All calls are free and confidential.** Information related to alcohol, addiction, treatment, and recovery can also be found on the website. To get started, call or log on.



TOLL-FREE: **888-978-1262**

WEB: **www.myccaonline.com**

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