



# Does alcohol or drug use cause problems in your life?



Scan the QR code to explore your EAP benefits!

## Your EAP can help!

Since the pandemic, there is an alarming increase in substance use. Drug overdose deaths have soared to an all-time high. The increased depression, anxiety, stress, isolation, grief, and financial worries many are experiencing have worsened an already difficult problem.

## How do you know when it's time to reach out for help?

Does alcohol or drug use by you or a loved one ever:

- Disrupt your work, family, relationships, or responsibilities?
- Have a negative effect on your mental or emotional health?
- Risk your safety or health?
- Create money problems or financial stress?
- Cause anxiety, discomfort, irritability, or illness when stopped?
- Result in arguments?
- Pose difficulties when trying to limit or stop use?
- Continue even after negative consequences?

## Your EAP is here to help!

You and your immediate family members are eligible for a variety of free, confidential help options:

- **Call to talk with experienced counselors** who will work with you to determine the best of many available help options, from outpatient counseling, group programs, or inpatient treatment.
- **Access one-to-one telephonic** substance abuse coaching programs.
- **Log in to your EAP Self-Help Center**, where you can explore a vast array of substance resources, including drug and alcohol self-assessments, articles and videos.
- **Get counseling or online help** for related issues, including health, family problems, domestic violence, legal issues, and more.

**Get relief and help - call your EAP today!**

We are available 24/7/365. All calls are confidential.



1-888-327-1060

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