



Getting Help for Addiction

Addiction comes in many forms. Drug and alcohol misuse ruins lives. Tobacco causes illness. Even exercise can be harmful if done obsessively. If you or a family member is struggling with an addiction, your Employee Assistance Program (EAP) can help you with:

- Repairing damaged relationships
- Replacing bad habits with healthy ones
- Restoring balance to your life

Available any time, any day, your EAP is confidential and available at no cost to you. When you recognize your problem and choose to get better, you are already on your way to recovery!