



# Is Addiction Impacting Your Life?

## Your Employee Assistance Program (EAP) is available to offer completely confidential help

*Your employer will not know that you are seeking evaluation & treatment unless you choose to tell them.*

### Did you know?

64% of people who have alcohol use disorders are employed

37% of those with a substance abuse problem also suffer from a serious mental illness such as major depression

**Treatment is Effective.** Those who receive treatment experience:

75% reduction in job problems

53% reduction in medical visits

Sources include: National Center on Addiction and Substance Abuse, U.S. Department of Labor

### Things you may be saying to yourself:

*"I don't have a drinking problem. All my friends drink as much as I do."*

*"The drugs are just for fun. I wish people would get off my back about it."*

*"I can quit anytime I want. I just don't want to right now."*



**No one plans to have an alcohol or drug problem when they start drinking or using drugs. Alcohol, drug use and gambling can be considered harmful when it causes physical, mental, social, legal and/or financial problems.**

**For assistance contact your Employee Assistance Program**

Phone: 800-433-2320

Text: 503-980-1777

[www.cascadecenters.com](http://www.cascadecenters.com)



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