

Alcohol and Drug Abuse Awareness

Alcohol and drug abuse impacts millions of people. It's not just the user who is affected, but his or her friends, family, and co-workers. Stopping is not a matter of willpower — addiction is both a physical and a psychological issue, and often requires medical or professional treatment to overcome.

One myth is that people with alcohol and drug abuse issues are “weak” or “irresponsible.” Research indicates that addiction has a large genetic component. Some people can drink alcohol or experiment with drugs with no consequences, while others become addicted almost instantly.

Symptoms of Alcohol and Drug Abuse

Here are some signs that might indicate a problem with alcohol or drugs:

- Trying and failing to cut down or quit using alcohol or drugs
- Blackouts or lapses of memory
- Using while alone or hiding evidence of use
- Using to forget about problems
- Doing things while “under the influence” that cause regret afterward
- Neglecting responsibilities in order to use
- Friends or loved ones expressing concern about a user's behavior
- Being willing to do almost anything to acquire drugs or alcohol
- Financial or legal problems related to using alcohol or drugs



Seeking Assistance

Recognizing that there is a problem is the first step toward recovery. If you or someone you know is struggling with addiction, the following steps are important:

1. Acknowledge the problem openly.
2. Limit time spent with people who encourage drug use or drinking.
3. Seek assistance from a physician or contact LifeMatters. Compassionate, professional assistance is available 24/7.
4. Seek support from a 12-step program (such as AA) or a group for family and friends.

LifeMatters® is available to provide ongoing assistance during your or a loved one's recovery. Call anytime.

1-800-367-7474

Toll-Free U.S., Canada, and Puerto Rico

Visit **LifeMatters** on the Internet at:

mylifematters.com

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.