

# GET HELP

## for Addictive Behaviors

DON'T LET DRUG OR ALCOHOL  
DEPENDENCE ROB YOU OF A QUALITY LIFE

You know you can't go on this way much longer. Your drug or alcohol addiction is destroying your relationships, your career, and your health.

### REASONS TO GET HELP

- Calling in sick at work, showing up late, or making errors could cause you to lose your job.
- You can destroy relationships with your family and friends.
- You risk injuring yourself or others.
- You are destroying vital organs in your body that cannot be fixed.
- You are putting yourself at risk of contracting a sexually transmitted infection including HIV, the virus that causes AIDS.
- Using non-sterile needles increases your risk of hepatitis or blood poisoning.
- You could die due to an overdose.

### YOU'RE NOT ALONE

- If you are working, find out if your employer has an Employee Assistance Program (EAP). With this, you can get help at work with a counselor. You do not need to give your employer a reason for your request. The information you share with your counselor remains private.
- Ask your doctor or health care provider for referrals.
- Find out about substance abuse services in your area from 1.800.662.HELP (662-4357) or [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).
- Admit yourself into a drug treatment clinic.
- Look for area support groups, such as:
  - Alcoholics Anonymous at [www.aa.org](http://www.aa.org)
  - Cocaine Anonymous at [www.ca.org](http://www.ca.org)
  - Narcotics Anonymous at [www.na.org](http://www.na.org)

#### Action Step

Don't wait. Seek help.  
Take it one step at a time  
and be prepared to fight  
for your life. Believe that  
you and the people who love  
you are worth it.