



# EAP NAVIGATOR

November 2018

## Signs of Alcohol and Drug Addiction

Substance use becomes abuse when you can't control your use of alcohol or other drugs. (Alcohol may be legal, but it's still a drug.) Use also becomes abuse when it disrupts your life.

Substance use may be a problem when you experience the following:

- Difficulty staying close to family and friends
- Problems with getting to work on time or do your job well
- Unable to keep up with your bills
- Using substances first thing in the morning
- Getting defensive when people criticize your use
- Worrying that alcohol and/or drugs won't be available when you want it
- Feeling embarrassed or guilty and that you need to cut down on your use



## Get Help

If you feel you or a loved one may have a problem with substance use, contact Cascade EAP for more information on services related to alcohol and drug addiction.

- **Call:** 800-433-2320
- **Text:** 503-980-1777
- **Email:** [info@cascadecenters.com](mailto:info@cascadecenters.com)

### Connect with us



### Cascade Centers

call: 800-433-2320  
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email: [info@cascadecenters.com](mailto:info@cascadecenters.com)  
visit: [www.cascadecenters.com](http://www.cascadecenters.com)