

EMPLOYEE ASSISTANCE PROGRAM

IS THIS ADDICTION?

Drug and alcohol addiction affects people of all walks of society and often starts out as recreational use. However, some people become physically or emotionally dependent on drugs, alcohol, or certain behaviors to cope with stress or reward themselves. Addiction is often called a family disease because of its impact on the person's family members, frequently causing a high level of stress.

When people are addicted to alcohol or other drugs, they may have intense cravings and continue using in spite of negative consequences. Addiction is a complex medical disorder and while different substances have different physical effects, the signs and symptoms of addiction are similar. Behavioral addictions, such as compulsive gambling, also have similar characteristics.

The good news is, recovery can be achieved through a combination of self-management, support, and care provided by professionals skilled in the treatment of addiction.

HERE ARE SOME OF THE COMMON SIGNS OF ADDICTION:

Tolerance. Do you find yourself using more than you used to?

Limited control. Do you sometimes drink or use drugs more than you would like, or find it difficult to stop once you start?

Withdrawal. When you stop drinking or using, do you feel anxious, sick, irritable, or have a hard time sleeping?

Negative consequences. Does your drinking or drug use affect your family or friends, impact your job, or result in health or legal problems?

Neglected or postponed activities. Do you put off or reduce social, recreational, work, or other activities because of your use?

Hiding your use. Do you drink or use alone? Do you find yourself spending a lot of time, money, or energy on using or recovering from your use?

Trying to cut down. Have you tried, and failed, to cut down? Do others express concern about your drinking, drug use, or other behavior?

Questions about addiction? Contact your EAP.



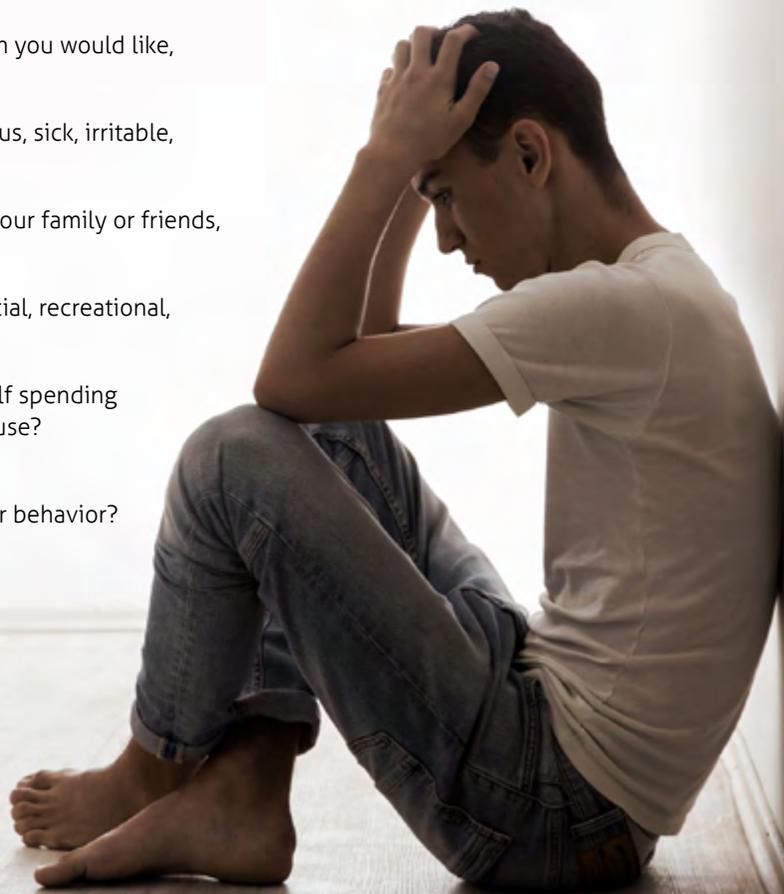
CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

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1-866-EAP-4SOC (1-866-327-4762)

TTY USERS SHOULD CALL: 1-800-424-6117

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