



*Are drugs or  
alcohol ruining  
your life?*

Your EAP can help



## Substance Abuse Counseling Benefit

**If alcohol or drugs have taken over your life or the life someone in your immediate family, maybe it's time call the EAP.**

**Substance abuse is a national problem that affects people of all ages and all occupations. Left unchecked, drug or alcohol problems can destroy a person's health and take a heavy toll on family members. It's a heavy burden, but one that benefits from the right help.**

### *Getting help*

Your employer has enrolled you as member in the Employee Assistance Program. As an EAP member, you or your immediate family members are eligible for free counseling assistance to address any substance abuse problems. If you think you or a family member might have a problem, simply call the toll free number listed here.

When you call, you will reach a professional counselor with at least five years experience dealing with substance abuse and other personal issues. The counselor will arrange for a substance abuse evaluation and begin an individualized treatment plan. Various treatment options are available: outpatient counseling, group programs, or inpatient treatment. The counselor will help you determine the most effective help for your situation.

If alcohol or drugs are causing a problem in your life, take the first step to get relief: call the EAP today. We are available 24 hours a day, 7 days a week. All calls are confidential.

To reach the EAP, call toll free:

**1-800-252-4555 or 1-800-225-2527**

**[www.HigherEdEAP.com](http://www.HigherEdEAP.com)**