

## You Can Overcome Addiction

Drugs serve an important purpose in our lives. They provide the painkilling relief needed when recovering from an accident or surgery, or can help overcome depression or anxiety. But drugs also can be addicting, causing irreversible damage to the brain and body, and causing other serious problems for addicts and the people who care about them.

Addiction, whether to drugs or alcohol, has major consequences. Other addictions, such as Internet use or gambling, have powerful consequences as well.

### Warning Signs of Addiction

Not everyone who uses drugs or alcohol becomes addicted to them. Below are some warning signs to watch out for; if observed, consider seeking help:

- Refusing to acknowledge having an addiction problem, even though others can see it.
- Behaving in destructive or dangerous ways, doing things the person would probably never do if he or she were not on drugs or alcohol.
- Continuing to use drugs or drink even though it is harming them (making medical problems worse, creating legal or financial troubles or damaging relationships).
- Abandoning friends, favorite activities, school, job and even cherished relationships, so they can focus on buying and using drugs or alcohol.

The good news is that help is available—and treatment works.

### Sources of Hope and Help

Want more information or help for addiction? Check out these resources:

FOH: [www.FOH4YOU.com](http://www.FOH4YOU.com)

Substance Abuse Treatment Locator: 1-800-662-HELP [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Alcoholics Anonymous: (212) 870-3400 [www.aa.org](http://www.aa.org)

Narcotics Anonymous: (818) 773-9999 [www.na.org](http://www.na.org)

Al-Anon 1-888-4AL-ANON: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

The Center for Internet Addiction: [www.netaddiction.com](http://www.netaddiction.com)

Gamblers Anonymous: (213) 386-8789 [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### Go Online or Call Today!

Log on to [www.FOH4YOU.com](http://www.FOH4YOU.com) to access Addiction Awareness and other helpful resources in the Spotlight section. Or, call 1-800-222-0364 (1-888-262-7848 TTY users).



Employee Assistance Program

*We care, just call.*

**1-800-222-0364**

1-888-262-7848 (TTY)

[www.FOH4YOU.com](http://www.FOH4YOU.com)