

*Living Healthy
Working Well®*

Substance Use and Young Adults



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Substance Use— Fighting Back

Young adulthood. It's a time of growth, exploration and independence. Charting their own course for the first time, those in the 18- to 26-year-old range may struggle with alcohol or drug use. It's important to intervene early. Treatment works!

Access your program for information about how to acknowledge and deal with substance use.

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