

A photograph of two women sitting and talking in an office setting. The woman on the left is wearing a green denim jacket over a white top, and the woman on the right is wearing a grey top. They are both looking at each other. A large window in the background shows an outdoor area with plants and a building.

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Getting help for addiction

Millions of Americans experience the negative effects of drug and alcohol misuse, including addiction. If you or a family member is struggling, your Employee Assistance Program (EAP) benefit can connect you with life-saving resources to help you get back on track.

Your EAP benefit is available at no extra cost. Use it to:

- Recognize the physical and emotional signs of substance misuse.
- Understand how drug misuse can affect others.
- Address mental health problems.
- Cope with a loved one's addiction.
- Find professional counseling online or in person.

To learn more about available resources and find support, contact us today.

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