

# PLAYING IT SAFE



## Struggling with Drugs or Alcohol?

*Our confidential EAP can help*

If you recognize that you have a problem with using drugs or alcohol, you have already completed the most important step on your road to recovery.

Attempting to do your job well while dealing with your problem is very difficult—but you're not alone. Of those over age 18 abusing drugs or alcohol, it is estimated that more than 70 percent hold down full- or part-time jobs.

### **EAP: A Helping Hand**

Recognizing that a substance abuse problem can negatively affect an employee's ability to perform on the job and their overall quality of life, offers an Employee Assistance Program (EAP) to help anyone that is in trouble with drugs or alcohol regain control of their lives.

Our strictly confidential EAP offers professional counselors for you and your family in a safe, private atmosphere. All the information disclosed while using the EAP will remain confidential, and no contact with the company will be made without your written permission.

's EAP is designed to help you onto the road to recovery. Under the program, you have a limited number of counseling sessions available at no cost. Should you and your counselor decide that a referral to an outside provider is necessary, those costs will then be your responsibility, with additional coverage dependent on your health care plan.

### **Substance Abuse in the Workplace**

The use of drugs or alcohol on the job is not consistent with the company's need to operate safely and efficiently. Remember, substance abuse in the workplace affects everyone, not just the user.

Think about the following: when you are using drugs and alcohol, you are less likely to show up on time for work and put in a productive day—you will ultimately shift the burden of your work onto your co-workers. Worse, when you are using drugs and alcohol, you are more likely to make errors, which in certain cases could result in injury to co-workers.

If you are struggling with a drug or alcohol problem, don't put your job or the safety of your co-workers in jeopardy. Seek assistance today through our EAP. For more information regarding 's EAP and Substance Abuse Policy, please contact the Human Resources department.

Be safe and healthy on the job at with these helpful tips provided by **Hierl Insurance Inc.**

**Making the call to our EAP will not jeopardize your job or chance for a promotion. It is a free and confidential program designed to get you on the road to recovery.**

This flyer is for informational purposes only and is not intended as medical or legal advice.

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