



PROBLEMATIC DRUG AND ALCOHOL USE

People like to feel pleasurable sensations. That is what alcohol and drug use does for us. These substances have an enjoyable effect on those who take them.

However, due to their pleasurable effects, as well as other life circumstances, we sometimes find ourselves using more and more of these substances and preferring their intoxicating effects over sobriety. Problematic use of intoxicants is a common problem, which an EAP counselor can help you address.

Often times people experience problems in other areas of their lives which may have an underlying origin in their use of drugs and alcohol. It is a long established fact that the abuse of drugs and/or alcohol must be addressed and resolved first before other concerns can be addressed. Once an alcohol or drug problem is resolved, people often find other concerns in their lives become less problematic.

Prolonged use of drugs and alcohol, even at a moderate level, can lead to physical dependence which is a significant challenge for many people to overcome on their own. Anyone who is attempting to abstain from drug or alcohol use needs to be aware that physical dependence can be both a subtle and powerful force. Long gone are the days of viewing alcohol and drug dependency problems as a result of a character flaw or moral failing. No one needs to feel ashamed to get help to overcome an addiction. This is a common problem.

Help often starts with speaking to an EAP counselor who can perform an initial evaluation and suggest a course of action. It is important to realize that counselors are there to help and you will not be judged or looked down upon. Therefore, if you decide to seek assistance please give yourself the best likelihood of getting the most effective help by being open and honest about your alcohol and/or drug use.