

Signs of Alcohol or Drug Abuse

It's not always obvious when someone has become chemically dependent. Here are some signals that you or someone you work with may have a problem with alcohol or other drugs.

- ⚠ trying and failing to cut back
- ⚠ hiding the evidence of drinking or using other drugs
- ⚠ feeling sorry about things that happened while "under the influence"
- ⚠ not being able to enjoy an event without using alcohol or other drugs
- ⚠ neglecting responsibilities
- ⚠ "blackouts," or memory lapses
- ⚠ being late or absent frequently
- ⚠ drinking or using when alone
- ⚠ drinking much more than other people at a social gathering
- ⚠ mental confusion, memory loss
- ⚠ carelessness on the job
- ⚠ frequent colds or flu
- ⚠ money or legal problems
- ⚠ lower productivity at work
- ⚠ frequent accidents

Alcohol and drug abuse affect not only the user, but those who work with the user as well.

Alcohol and drug abusers need help, not punishment. If you or someone you work with needs help with a substance abuse problem, try the organizations listed in the community resources pages of your telephone book under "Alcohol and Drug Abuse." Or find out if your company has a substance abuse recovery program.