

Opioids

Opioid Abuse Self-Check

- Are you taking opioids even though you think you may have a problem?
- Have you taken greater amounts over time or taken them in ways other than prescribed?
- Are you taking more than you planned?
- Do you at times crave the medication?
- Have you tried and failed to stop?
- Have you gone to extra effort to get the medication, such as seeing multiple doctors, using others' medication, or buying from non-reputable sources?
- Have you had problems at home, work, or school, or conflicts with others, related to your use?
- Have you kept taking the medication in spite of these problems?
- Have you stopped doing important or pleasurable things?
- Has your use of the medication placed you at a safety risk, such as driving or working while using?
- Would you feel "sick" if you stopped?
- Have you ever used heroin or illegally obtained pain medication?

Caterpillar's Employee Assistance Program provides **confidential, FREE** support services and resources for employees and their families to help resolve a variety of personal issues, including addiction and substance abuse. For 24-hour assistance, call **866-228-0565** or visit **benefits.cat.com>EAP**.