

## TOPIC: DRUG ADDICTION

Drugs and alcohol are everywhere – some are legal, some are illegal, and some are prescribed. How you get the substance is less important than how it messes up your life.

### Potential Signs of Drug Addiction

- Using the drug creates problems at home, work, school, with relationships, friends, finances, etc.
- Using larger amounts or for longer than you are prescribed
- Wanting to cut down or stop, but not being able to
- Cravings and urges

### Impact on Your Work

- Bad decisions
- Quality and quantity of work suffers
- Strains relationships with coworkers and leaders

### Three Ways to Help Yourself

1. Call the EAP
2. Talk to your doctor or medical provider
3. Get help – treatment is effective

### Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



**Drug-free is the way to be!**