

## FIND HELP

If you answered yes to 2 or more of the self-assessment questions, you may have a drug or alcohol problem. Here are some next steps to take:

- ✓ ask your doctor/mental health provider for treatment options
- ✓ find support from friends, family, self-help groups (Alcoholics or Narcotics Anonymous)
- ✓ find resources through your supervisor, EAP, or community
- ✓ ask if work accommodations can be made to reduce your stress level
- ✓ get help at [findtreatment.gov](https://www.findtreatment.gov) or SAMHSA's Helpline 1-800-662-4357

## KEEP IN MIND

If you or a coworker are struggling with substance misuse or abuse, it's important to be honest about the problems drinking or drugs are causing at work and at home. While that may be hard, it's the first step to making a change and getting help.



Drug and Alcohol Use in the Workplace  
Health & Wellness

# Drug and Alcohol Use in the Workplace

Nearly 9% of employed adults (13.6 million) have current alcohol or illicit drug use disorders.  
~ samhsa.gov

Drinking alcohol, using illegal substances, and misusing prescription drugs at work can negatively affect you, your coworkers, and your company as well as cause safety issues in the workplace that lead to accidents and injuries. It can also lower job performance, lead to absenteeism, tardiness, sleeping on the job, poor decision-making, and disagreements that escalate to violence. Even if substances aren't actively being used while "on the job," their effects can still carry over.

#### KNOW THE SIGNS

Misuse includes any use/overuse of substances including prescribed drugs (yours or someone else's) to cope or self-medicate.

**Some commonly misused and abused substances are** alcohol, marijuana, pain relievers, hallucinogens, depressants, cocaine, inhalants, methamphetamine, and heroin.

Here are some signs to watch for:

- **changes** in personality, paranoia, mood swings
- **increased** anxiety, agitation, irritability
- spending a lot of time alone, losing interest in people/activities
- **neglected** responsibilities, sleeping on the job
- **difficulty** maintaining healthy relationships
- **withdrawal** symptoms (restlessness, sweating, nausea, vomiting, tremors)

If you're not sure whether you may be misusing or abusing substances, the following assessment can help. Answer yes or no to the following questions.

When it comes to drinking or drug use:

1. Have you ever felt you should cut down?
2. Has anyone ever been concerned about you?
3. Have you felt bad or guilty?
4. Have you ever used first thing in the morning?
5. Have you neglected family or work because of your use?
6. Have you engaged in illegal activities to get alcohol or drugs?
7. Do you feel withdrawal symptoms if you stop using?