



Control

Are you using alcohol to help you get through COVID-19?

During the stresses of COVID-19, it's possible that people are misusing alcohol. After all, there is so much to deal with — and we've lost social support. During a time like this, many people do turn to alcohol to self-soothe.

A need you can't control

Drinking can become an addiction when your need for alcohol is so intense that you can't stop. At that point, alcohol can have the power to ruin your career, relationships, finances and emotional and physical health. That's a heavy toll.

What recovery experts want you to know

Problem drinking is a common problem. There are treatments for alcoholism. Some people may be able to beat their alcohol issue on their own. But outside support is often key.

There are different ways to get that assistance:

- **Medical help** — Even during COVID-19, there is help. There are medical treatments including drugs. Such drugs may work to control cravings and anxiety and assist with detox.
- **Alcoholics Anonymous (AA)** — AA is a support system and program that has helped millions of people. You can find AA groups almost everywhere — even during COVID-19. Just go to www.aa.org to learn more about virtual meetings during this time.
- **Counseling** — Therapists can help you tackle issues that may have led to addiction. And family therapy can help loved ones support each other.

No shame, no blame, all gain

Stigma and blame can still get in the way of people getting help. Do you or someone you know have an alcohol problem? Realize that those who love you want you to recover and regain your quality of life.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.