

Let's Talk

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Alcoholism

Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated.

However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Alcoholism and alcohol-related problems touch all Americans, directly or indirectly, as our nation's number one public health problem.

Currently, nearly 14 million Americans -- 1 in every 13 adults -- abuse alcohol or are alcoholic.

Several million more adults engage in risky drinking patterns that could lead to alcohol problems.

Alcohol-related problems and alcoholism cost employers billions of dollars each year in lost productivity, accidents and poor job performance.

For more information about alcoholism and recovery, call 320-4650.

Reference: www.ncadd.org.

Survey said

When Employers were asked.....

“What have you liked best about your Employee Assistance Program?”

- Quick response time
- Affordable and local
- Knowledgeable and friendly
- The ease of referring employees and family members
- Responsiveness to critical concerns
- Employees are pleased this benefit is available to them

What are you waiting for?

Make the confidential call today

920-320-4650

or

Toll Free

888-604-3405



Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity

hfmhealth.org/eap

What is the difference between alcoholism and alcohol abuse?

Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work. The following can be indications of alcohol abuse:

- Failure to fulfill major responsibilities at work, school, or home.
- Drinking in dangerous situations, such as drinking while driving or operating machinery.
- Legal problems related to alcohol, such as being arrested for drinking while driving or for physically hurting someone while drunk.
- Continued drinking despite ongoing relationship problems that are caused or worsened by drinking.
- Long-term alcohol abuse can turn into alcohol dependence.

Dependency on alcohol, also known as alcohol addiction and alcoholism, is a chronic disease. The signs and symptoms of alcohol dependence include:

- A strong craving for alcohol.
- Continued use despite repeated physical, psychological or interpersonal problems.
- The inability to limit drinking.

Your EAP has certified and trained professionals to get you the help you need. If you or someone you know may have a drinking problem, make the confidential call today: 320-4650.

Reference: www.cdc.gov

May is Mental Health Month

Recognizing the signs of mental illness is important. Feelings of sadness, anxiety, worry, or sleep problems are not uncommon. However, when these feelings get very intense, last for long periods of time, or begin to interfere with school, friendships and other relationships, it may be a sign of a mental illness.

Reference: www.nmha.org