



LifeWorks

Are you or someone you know struggling with addiction? Find out how LifeWorks can help.

Are you concerned about a family member, friend or colleague who has issues with alcohol or drugs? Are you worried about your own addictive behavior? The LifeWorks program is here to help. LifeWorks is **free and available 24/7**, whenever you need it, and it's **completely confidential**. No one at your workplace or home will be told that you're using the service. You can find online resources at www.lifeworks.com on alcohol and substance abuse and addiction, including an assessment, [Do You Have a Drinking Problem?](#), a recording, [When Someone You Love Has a Drinking Problem](#) or a booklet, [iCanQuit: Giving Up Tobacco](#). You can also read dozens of helpful articles including:

- [If You Suspect an Employee Has a Substance Abuse Problem](#)
- [Recognizing a Substance Abuse Problem and What to Do](#)
- [Drug and Alcohol Abuse: Warning Signs](#)
- [Prescription Drug Abuse](#)
- [Quick Facts About Alcohol Abuse](#)
- [Support Groups for Family and Friends of Substance Abusers](#)
- [What to Do If You Suspect a Co-Worker Has a Substance Abuse Problem](#)
- [What is Reasonable Suspicion?](#)
- [How to Help Someone Getting Past Resistance to Drug and Alcohol Treatment](#)
- [Treating Addiction](#)
- [How to Use the Employee Assistance Program](#)
- and many more!

Get the expert support and information you need. Visit www.lifeworks.com (username: theaaa; password: lifeworks).