The Road to RECOVERY from Addiction

1 **Recognize you have an addiction to drugs or alcohol.** If you are concerned that you or someone you know may be addicted, become familiar with the signs and symptoms.

2 **Call the EAP for assistance with your addiction.** The EAP is a free service available to all USPS employees and their eligible household members. They will be able to offer a consultation on next steps and to help walk you through the recovery process.

3 **Obtain referral for immediate help.** The EAP will be able to offer referral information to local resources and treatment programs available.

4 **Continue treatment to recovery.** Recovery doesn't stop at the end of the formal treatment. The EAP will continue to assist you through the entire process of recovery and help you identify ways to change your life to help prevent relapse.

5 **Enjoy improved productivity and a healthy life.** Beating an addiction can lead to improved productivity and a healthier, happier life. Your EAP can help you get there.

The EAP is available to you and your family for the entire journey. Call 1-800-EAP-4YOU today to learn more.