



How You and the EAP Can Help Your Friend



Know the Warning Signs

- ♥ An appearance of unusual behavior, which is getting worse.
- ♥ Demonstrating poor judgment, risky or reckless behavior.
- ♥ Breaking rules.
- ♥ Withdrawing from activities that involve others.
- ♥ Decreased interest in activities.
- ♥ Absenteeism; tardiness, particularly on Mondays.
- ♥ Decreased productivity and ability to focus.
- ♥ Changes in appearance, or a lack of attention to appearance.



What to Say

- ♥ Do say that you are concerned.
- ♥ Do not judge or accuse.
- ♥ Do offer to walk them through getting help.
- ♥ Don't help them make excuses or make light of the situation.
- ♥ Do let them know that they are not alone and that you won't give up.



How to Help

- ♥ Learn about the problem and resources available.
- ♥ Help the person to recognize there is a problem.
- ♥ Offer your support in any way that you can.
- ♥ You can also learn more about how to deal with dependence in your friend or loved one by joining a support group such as Al-Anon.