



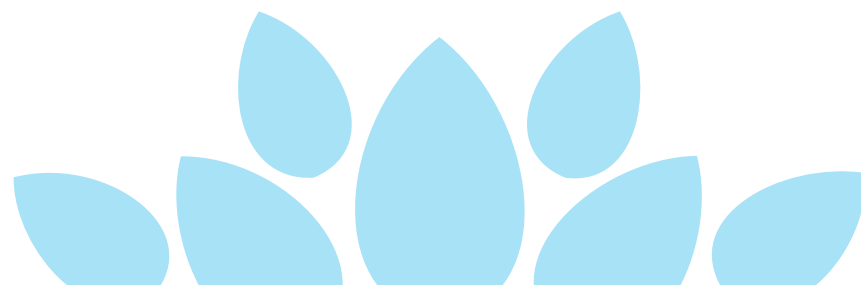
acqua recovery™

Workplace stress can cause anxiety, depression, sleep problems, and substance abuse. Sometimes, it can trigger all of them at the same time! If you're trying to hide your drug or alcohol use and mental health issues from your friends, family, and coworkers, you're probably not keeping it as secret as you think. No matter what, keeping a job while in the grips of addiction is nearly impossible over the long-term.

Substance abuse in particular can impair your work performance and consume your entire life. However, it is possible to get the addiction treatment you need before it's too late. Your employer may even be able to provide resources to help you, by way of an EAP. An Employee Assistance Program could be the help you need to begin living a better life in recovery.

A GUIDE TO EAPS & ADDICTION:

How to Get Addiction Treatment for Workers





WHAT'S an EAP?

An EAP (Employee Assistance Program) is a program contracted with your company that can provide employees with resources and referrals to help with issues that affect their work — including addiction. EAPs will provide you with free consultations to address your problems and help you find a solution. They can refer you to quality outside resources that are relevant to your situation. EAPs even can make appointments and communicate with your human resources department on your behalf, so you don't have to.



WHAT Do EAPs Do?

Companies use EAPs to ensure that their employees are healthy, so they can perform at their best. If you're a worker and your company has an Employee Assistance Program, you can use it for help with life events or issues such as:

- Mental health counseling or referrals
- Work/life balance resources including child care, housing, education, elder care and more
- Legal issues
- Medical health referrals
- Addiction treatment referrals
- And more...

EAPs are intended to make your life easier, so you can concentrate on your work. If you are struggling with mental health and substance abuse and want to contact your EAP for help, ask your human resources department for their contact information — if it wasn't already provided to you during your onboarding.





CAN AN EAP Help Me With Substance Abuse?

Even if you don't think your substance misuse is affecting your work performance, it's still worth having a conversation with someone who cares. Addiction is a disease that will only get worse without treatment. Don't wait until it's too late.

Trying to find addiction help can feel scary and you may not even know where to start. Your EAP will help inform you about your options for addiction treatment, such as:

- Addiction Counseling
- Detox
- Residential Addiction Treatment
- IOP (Intensive Outpatient Program)
- Sober Living
- Recovery Meetings

You may feel as though you'd like to choose the path that takes the least amount of time away from work, but remember: Like any other disease, addiction takes time to heal. Residential addiction treatment facilities like Acqua Recovery can provide you with a sanctuary away from life's triggers and stresses, giving you the opportunity to heal and renew your life. Your EAP can refer you to trusted residential addiction treatment facilities that will aid you in finding a recovery that lasts.



BENEFITS OF EAPS

Telling Your Work About Taking a Leave of Absence

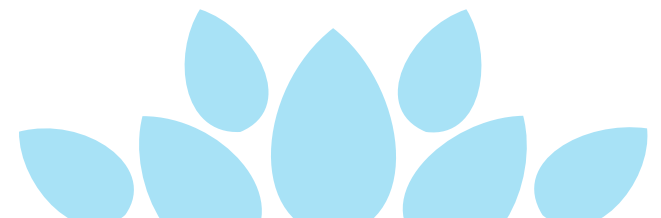
If you've secretly been struggling with addiction, you're probably dreading having a conversation with your boss or HR about getting help. Using an EAP provides complete confidentiality for you and your reasons for needing time off from work. Your

EAP can communicate with your boss or HR for you, so they don't have to know the exact reason why you're taking a leave of absence. An added benefit is that Employee Assistance Programs also lend an unbiased ear for your substance abuse treatment questions. Their 24/7 help line is always there for you. Or, if you're not ready to talk to your EAP, give Acqua Recovery a call.



Stop Your Addiction Sooner

Stop suffering. The sooner you decide to use your Employee Assistance Program to seek residential addiction treatment, the sooner you'll be able to return work thriving. You'll also avoid the escalation of problems in your life due to substance abuse. Rock bottom is where you stop digging, and deciding to stop sooner can save you from humiliation and worse. Reaching out to your EAP as soon as you can could save your job as well as your life.





BENEFITS OF EAPS

Simplifying Your Transition Back to Work

Your Employee Assistance Program can help you find addiction treatment; but also, they'll make your transition back from treatment to work seamless. They can provide you with helpful resources to continue your sobriety after treatment, such as recovery group meetings and mental health services that your employer may offer.



Getting the Addiction Treatment You Deserve

Most importantly, an EAP can help you find addiction treatment that actually works. Not all residential treatment facilities are created equal, unfortunately. Finding a program that works for you could be the determining factor in whether you get to live a life in recovery, or you continue to struggle with your substance.



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At Acqua Recovery, our Masters-level clinicians use a trauma-informed approach to treat your addiction and help you heal from the years of trauma that may be causing it. Give our caring admissions team — Matt, Brian, and Ashlee — a call today to learn more about how EAPs and Acqua Recovery can help you get the addiction treatment you need and deserve.

Visit AcquaRecovery.com

Call 866.830.4628