EAP INC
530-891-5571

Substance Abuse in the workplace
is Everybody's Problem

Substance abuse in the workplace is detrimental not only to the employee who abuses drugs but also to the co-workers and the employers.

Substance abuse can result in poor balance, diminished motor skills, inability to concentrate, impaired vision and slowed reaction time. The employee who uses alcohol or other drugs may suffer from or cause an accident in the workplace because of any or all of these factors. It's not just when someone drinks during work hours that these dangers are present. Studies show that an employee experiencing a hangover is affected by the same symptoms as those listed above.

Besides the chance of physical injury to self or others, the employee may lose time form work. This can result in less pay and also affect his or her chance for promotion. In some cases, it may result in termination.

When any employee does not perform well on the job, production suffers. So does morale. This can damage business or services and may result in cutting of raises, lowering of benefits and elimination of positions. This affects everyone, not just the alcohol or other drug abuser.

If you know someone with an addiction problem, you might feel like you want to encourage that person to get help. You might worry, though, that you're being a busybody or intruding on someone's private likfe. You're not! Talk to the abuser, go with him or her to speak with the supervisor.

If you want to help ensure your safety and that of others in the workplace, mention the employee assistance program as a confidential source of help to the person with the addiction. Other resources available to those who have a substance abuse problem include Alcoholics Anonymous and Narcotics Anonymous.

You can contact your EAP for free & confidential appointment. 530-891-5571 or info@eap4u.com.

What Is Internet Addiction?

Internet addiction is a broad term covering a variety of behaviors and impulses. There are five specific types of Internet addiction which we will specifically address.

1. Cyber sexual addiction - addictions to adult chat rooms or cyber porn.
2. Cyber-relationship addiction - online friendships made in chatrooms, interactive games, or newsgroups that replace real-life friends and family. This category includes cyber affairs.
3. Net compulsions - compulsive online gambling online auction addiction, and obsessive online trading.
4. Information overload- compulsive web surfing or database searching.
5. Computer addiction - obsessive computer game playing or obsession with programming aspects.

Major Signs & Symptoms Of Addiction To The Internet
It can be both reassuring and comforting for the loved one to understand the warning signs of internet addiction. The first steps toward help are :

Obvious preoccupation with the Internet
The need to use the Internet for increasing amounts of time in order to achieve satisfaction.
Repeated and unsuccessful efforts to cut back and spend less time on the Internet.
Restlessness, moodiness, depression, or irritability when trying to cut back or stop using the Internet.
Staying online longer than originally intended; not being able to stick to a schedule and/or stop using the Internet.
Jeopardizing or negatively affecting relationships, job, education, career opportunities, or physical health due to internet
Lying to family members, teachers, friends, or therapist in order to conceal or hide the extent of involvement with the Internet.
Using the Internet as a way to escape problems, or as a way to feel better and avoid distress.

Ways to Recognize an Internet Addiction

Neglect family activities, social events, work, school, or personal health in order to spend more time on the Internet. People (i.e., employer, friend, family) complain about amount of time spent online.
Constantly anticipates and thinks about the next time he/she goes online.
Does not know how to cut back or spend less time at the computer .
Has no self-control over the time spent online and cannot commit to a schedule of computer use.
Constantly checks e-mail, forgets to eat, misses class or appointments
Prefers to talk and hang out with cyber friends rather than spend face-to-face time with people.
Sleeps fewer hours because he/she would rather be online for fear of missing out.
The one common link between all types of Internet addiction is the escapism and numbing sensation that the internet provides.
The escape is temporary, however, for all users. When the addict logs off, the dark screen obliterates the fantasy world.
Real-life problems return and become even harder to endure.
As the burden of guilt intensifies, the user feels increasingly inclined to stay online.

Please contact your EAP for confidential appointment. 530-891-5571 or info@eap4u.com.

EMPLOYEE ASSISTANCE PROGRAM
Call for confidential help
(530) 891-5571
(info@eap4u.com
EAP, Inc. is available to assist you with all of life's challenges. All services provided by EAP, Inc. are **FREE and confidential** to you and your family.