



# FORT BRAGG EMPLOYEE ASSISTANCE PROGRAM



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## WORKING SAFE AND DRUG FREE: “*The Responsibility Starts with You*”

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Worksite alcohol and drug use cannot be taken lightly, especially on military installations where we rely on each other for our safety. Responsibility over the safety of our worksite starts with each and everyone one of us. So, take a good look at yourself. Ask yourself whether you might have a problem with drugs or alcohol.

Have you found yourself:

- Having trouble doing your fair share at work because you are frequently hung over?
- Drinking first thing in the morning or before your shift?
- Fearful of being caught by a workplace drug test?
- Having a hard time sticking to the recommended dosage of a prescribed medication?
- Making unsuccessful attempts to cut down on alcohol or stop using drugs?
- Feeling guilty for letting down your co-workers because of your drinking or drug use?
- Annoyed by comments made about your drinking or drug use?

If you answer yes to **any** of these, you **may** have a drug or alcohol problem and should seek help. AND if you are using drugs illegally, it's not only against the law and incompatible with Army values, it's a safety hazard. It is **never** alright to be impaired on the job, because someone could get hurt.

Please consider getting help before you really have something to feel guilty about. Free, confidential help is available.

**The Fort Bragg Employee Assistance Program (EAP) provides confidential counseling and referral services as a benefit to employees. Their specially trained counselors can be reached at [910-396-5784].**

