

Substance Abuse Prevention

While no one plans to have a problem, recognizing signs of substance abuse, and knowing where to turn, can make a big impact

Preventing substance abuse isn't always easy, but it is possible, and the EAP is here to support you along the way with:

- Preliminary drug and alcohol assessments
- Counseling throughout the recovery process
- Connection with treatment resources and support groups
- Support for families and loved ones
- For additional information on how to reduce stress, stay sober, and celebrate the holidays safely, log onto the EAP Member Site at cascadecenters.com

The EAP is giving the gift of a safe ride home this holiday season



Scan the QR code for more details

