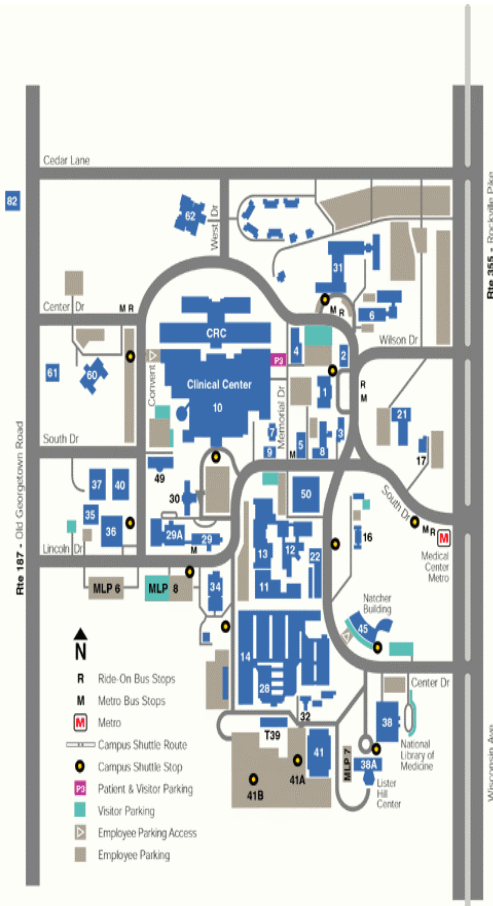


We are here



**located in Bldg 31, Room B2B57  
9000 Rockville Pike  
Bethesda, MD 20892**

**Phone: (301)496-3164**

**Fax: (301)496-3845**

**<http://www.nih.gov/od/ors/ds/eap>**

**The NIH Employee Assistance Program (EAP)  
Is open Monday through Friday  
From 8:00 a.m. to 5:00 p.m. E.S.T.**

## **What Is the NIH Employee Assistance Program (EAP)?**

The most important asset of NIH is its' employees. Both you and the organization benefit when programs like EAP are available to assist with concerns that may affect the quality of your work and family lives. We all experience personal and work concerns from time to time and we know that many situations improve with access to professional consultation. The EAP is a confidential service that was established at NIH 20 years ago to respond to these types of issues. Supervisor and managers may also seek the guidance of a consultant to determine the appropriateness of referring employees who might be experiencing work performance and conduct changes due to personal issues.

The EAP consultants provide a variety of services including:

1. Assessment
2. Consultation
  - Confidential Personal Assistance
  - Organizational Job Coaching
  - Personal Growth and Development
  - Problem Solving with Individuals & Groups
3. Crisis Intervention
4. Short-term Counseling
5. Disability Management
6. Referral
7. Information & Resources
8. Follow Up
9. Training
10. Workshops
11. Seminars

The NIH EAP is staffed by social workers and professional counselors who have graduate degrees and licenses or certification in the field of employee assistance.

# **THE NIH EMPLOYEE ASSISTANCE PROGRAM (EAP)**



## **ALCOHOL AND OTHER DRUG ABUSE**

## **Alcohol and Other Drug Abuse**

Americans work hard and play hard. We live lives that are full of challenge, change, stress, fun, love, laughter and countless other experiences. Along with all this we constantly look for ways to relax, tolerate or otherwise deal with the pressure around us. Most of us at one time or another will drink alcoholic beverages. It's a socially acceptable way to kick back and socialize or just take it easy. Some of us may experiment or turn to illicit or illegal substances to get some extra thrills or be "in with the crowd". Whatever the reason or substance, illegal or legal; it's ever so easy to find ourselves or somebody we know, work with, care about or love in trouble from alcohol or other substance abuse or misuse. Getting help with substance abuse problems is critical in preventing damaging results to our lives. And finding out the nature of the problem is the first step towards getting that help for ourselves or somebody else.

The NIH Employee Assistance Program (EAP) is here to help you understand the nature of Alcohol and other substance abuse, self diagnose the problem in yourself and others and assist you in getting the help you deserve.



## **Some of the Areas About Alcohol and Other Substance Abuse Problems the EAP can help you with are:**

Education about Alcohol and Alcoholism

Definition of the problem

The Symptoms of Alcohol and Other Drug Abuse

Presence of Symptoms in someone you care about

Prevalence and Results of Alcohol and Other Drug Use in the Workplace

Identifying the Abuser

Self Diagnosing yourself

Dealing with Addicted Loved Ones

Finding Help

Maintaining Substance Free Health



## **Helpful Hints**

### **Things you should know about Alcohol and Other Drug Abuse**

Most Adult Americans drink

Approximately one in seven who drink will drink problematically or alcoholically

The best time to get effective help is early.

Alcoholism is a disease, not a character flaw.

Alcoholism is a Chronic, Progressive and Terminal Disease if left untreated.

Alcohol and Other Drug Abuse can be effectively treated

Treatment can bring normalcy and return to full productivity to the sufferer.

