

## What You Can Do:

### To avoid these problems:

- Think about your use of alcohol and other drugs.
- Talk to someone you trust — co-workers, friends, family, ministers, doctors, professional counselors — about your use of alcohol and/or other drugs.
- Learn more about the drugs you are taking.

### Giving up all alcohol and other drug use on the job is still your best choice, otherwise:

- Use less and use less often.
- Don't mix the drugs you use. Using more than one drug could increase the effects or create new undesirable ones.
- Set a good example for your co-workers, your kids and other family members.

## The Bad News Is:

Alcohol and other drug use at work can result in many problems for you, your family, co-workers, and other people in the community. The downside of alcohol and other drug use includes:

- being suspended or fired from work
- family problems
- depression
- being broke
- permanent disability for you or someone else
- conflict with co-workers
- damage to expensive equipment
- addiction



**613-432-5853 or 1-800-804-0772**

A substance abuse and injury prevention program funded by the Ministry of Health through the Renfrew County & District Health Unit, and community partners.