



The information in this document is provided by professionals with TELUS Health, the free Employee Assistance Program for all DQ employees.

Addiction and Recovery Toolkit

•Family•Health•Life•Money•Work

Substance abuse affects people of all ages, backgrounds, and income levels, from preteens to the elderly. The most recent study by the Centers for Disease Control and Prevention (CDC) found that an estimated 10 percent of Americans ages 12 or older had used an illicit drug in the past month.

Drug and alcohol addiction and abuse can have a serious and negative impact on health, work, relationships, and wellbeing. With professional help, however, recovery is possible.

This toolkit offers resources and help if you have concerns about addiction for yourself or a loved one. You'll find information on how to recognize signs of addiction—and guidance on how to find resources and support to guide you or a loved one toward recovery.

Alcohol and drug abuse

In the list of articles below you will find resources and information on substance addiction and recovery and how to find professional support for yourself, a child, partner, parent, or someone you care about.

- [Alcohol and Your Health: How to decrease your risk](#)
- [Are You Using Drugs or Alcohol to Cope with Depression or Anxiety?](#)
- [Alternatives to 12-Step Programs for Alcohol and Drug Addiction](#)
- [Keeping Healthy Boundaries When Supporting Someone with a Substance Use Issue](#)
- [Recovery is Possible](#)
- [Use SMART Goals to Change How You Drink Alcohol](#)
- [When Someone You Care About Abuses Drugs or Alcohol](#)
- [When Someone You Love Has a Drinking Problem](#)
- [When Someone You Love is Misusing Opioids](#)

Tobacco

Smoking on a regular basis takes about ten years off your life, a major study published in the *New England Journal of Medicine* found. Even smokers who have less than one cigarette a day throughout their lives are nine times more likely to die from lung cancer than those who don't smoke, a National Cancer Institute study found.

It's never too late to give up tobacco. As soon as you stop, your health will improve as your body begins the process of repairing itself. Most people try more than once before giving up cigarettes entirely. Here are resources to help you quit for good.

- [Giving Up Smokeless Tobacco](#)
- [Giving Up Smoking as an Older Adult](#)
- [Setting SMART Goals to Stop Tobacco or Nicotine Use](#)
- [There's No "Safe" Level When It Comes to Smoking](#)

Addiction among adolescents and young adults

People ages 12-20 drink 11 percent of all alcohol consumed in the U.S., according to the [Partnership for Drug-Free Kids](#). When it comes to other substances, the fastest-growing drug problem in the U.S. isn't cocaine, heroin, or methamphetamines, according to the government agency SAMHSA. It's prescription drugs, which are profoundly affecting the lives of teenagers.

If you are concerned that your adolescent or young adult child is using or abusing drugs or alcohol, help is available. These articles offer important information for parents and caregivers.

- [Talking to Your Teen About the Risks of Binge Drinking](#)

Addictive behaviors

If you repeatedly engage in an activity that has a negative effect on your health or wellbeing or both, you may be addicted to some type of self-destructive behavior. Gambling, binge eating, compulsive spending, and sexual addiction are all examples of addictive behaviors. The list of articles below offers resources and information on how to overcome an addictive behavior and find help.

- [Understanding Addictive Behavior](#)
- [Overcoming Addictive Behavior and Finding Help](#)
- [Binge Eating Disorder](#)
- [Sexual Addiction](#)

Finding treatment, help, and confidential support

Recovery from addiction requires help and support from friends, family, and professionals. Help is available through professional organizations, mental health professionals, support groups, and your organization's assistance program. An assistance program (also referred to as an EAP) is a free and confidential benefit available to you through your organization. Professionally trained consultants are available 24/7 to offer a sympathetic ear, emotional and practical support, and resources for you and your loved ones.

- [12-Step Programs for Alcohol and Drug Addiction](#)
- [Recovery is Possible](#)
- [Rehabilitation Treatment \("Rehab"\) for Alcohol and Drug Addiction](#)
- [Using a Support Group](#)
- [When Your Loved One Is Resistant to Seeking Drug or Alcohol Treatment](#)

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TELUS Health Wellbeing Experts