

**Is Substance
Use Affecting
Your Life?**



**If substances
are causing you
problems and you
often experience most
of these ...**

Abstinence

Not using
substances at all

...What can you do?



SCAN THIS CODE
TO LEARN MORE



- Assess your substance use
- Talk to someone you trust
- Seek professional mental health services
- Ask your supervisor for support
- Focus on your self-care






Where are you?

 **Missing or arriving late to work**

 **Poor concentration**

 **Hard time making decisions**

 **Worsening job performance**

 **Mood changes**

 **Physical effects**
(i.e., hungover, withdrawal)

Beneficial Use

Use that can
have positive
effects on
social, physical,
and spiritual
health

Non- Problematic Use

Recreational use
and has minimal
impact

Problematic Use

Use that is
starting to
negatively
impact
your life

Chronic Dependence

Habitual and
compulsive use
despite negative
effects



SUPERIOR Mental
Wellness
@ WORK