

Drug and Alcohol Abuse

WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

International Harm Reduction Association

IHRA is an international organization geared towards promoting evidence-based harm reduction policies and practices on a global basis for all psychoactive substances.

www.ihra.net

Narconon International

An international organisation that provides drug information, education about the effects of drugs and effective drug rehabilitation programs for those already in the grip of addiction.

www.narconon.org



Harmful drug and alcohol use can create a range of problems in the workplace. Employees with drug and alcohol problems can cause injury to themselves and others, lose their job or family and damage their physical and mental health. Workmates of a drug or alcohol user can be faced with an increased risk of injury and disputes, covering for colleagues poor work performance and the need to “dob in” a mate for their own good. Consequences which employers are faced with include lateness and absenteeism, lost time and reduced production and work quality as a result of incidents and injuries. There may also be losses associated with inefficiency and damage to plant, equipment and other property.

Has someone at work:

- Been constantly tired or slurred their speech
- Been hyperactive, agitated or restless
- Regularly failed to show up for work and used a variety of excuses that seem implausible
- Borrowed, stolen, taken money or failed to account for money without an obvious cause
- Appeared moody or acted differently to their usual manner

WHAT TO DO?

Drug and alcohol abuse can be treated and there are a variety of treatments and programs available to assist with these problems. The person may not be ready to address the problem of drug and alcohol abuse but make them aware that you are available for support. Be informed about drugs and their use and the reasons for using drugs and alcohol. Discuss drugs and alcohol without judgement with the person, so they feel that they can talk to you about any concerns.

If you or someone you know acknowledges they have a problem, contacting a professional can assist in arranging suitable treatment.