



**LifeWorks**  
by Morneau Shepell

# Concerned about substance abuse or addiction?

## How LifeWorks can help.

Are you worried about a family member or friend who seems to have issues with alcohol or drugs? Or, maybe you're worried about your own substance use behavior, and you're wondering if you may have an addiction.

If you're struggling with concerning habits or difficult emotions, LifeWorks can help, and it's confidential. No one at school or at home will know that you've contacted us unless you tell them. You can call us any time, 24/7, to speak with a caring, professional consultant who can help you:

- Determine if you or someone you care about may have a substance abuse problem, or other addiction such as shopping, gambling, Internet, pornography, etc
- Develop a plan for dealing with addiction, and guide you in reaching out to community supports
- Access educational resources, and understand treatment options

You can also log in to [login.lifeworks.com](http://login.lifeworks.com) to access dozens of online resources on substance abuse and addiction, including:

- [Recognizing a Substance Abuse Problem and What to Do](#)
- [Alternatives to 12-Step Programs for Alcohol and Drug Addiction](#)
- [Rehabilitation Treatment \("Rehab"\) for Alcohol and Drug Addiction](#)
- [Are You Using Drugs or Alcohol to Cope with Depression or Anxiety?](#)
- [Addictive Behavior](#)

Visit us online:

Username:

Password:

Call us, toll-free, 24/7:

TTY:

En español: