



# Combined Funds, Inc.

## CARPENTERS' COMBINED FUNDS, INC.

### HOW MUCH IS TOO MUCH?

September 2004

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Have you ever wondered if you have a drinking / drug problem or has anyone told you they think you might have a problem?

Chemical dependency is a progressive disease that often goes unrecognized until alcohol or drug use begins to adversely affect that person's life. Chemical dependency is simply the repeated use of a physical substance (alcohol, cocaine, marijuana, prescription drugs) that causes trouble in the individual's personal, professional or family life.

When a chemical dependent person drinks or uses, they can't always predict when they will stop, how much they will use or what consequences their drinking or drug use will have. Recognizing there is a problem is the first step towards recovering from a chemical dependency problem. Here are some questions to ask yourself when determining if alcohol or drug use is a problem for you:

- Do you ever use alcohol or drugs to help you cope with problems in your life?
- Have you ever tried to quit or cut down, but couldn't?
- Has a family member ever expressed concern or complained about your drinking or drug use?
- Have you had financial, work, family or legal problems such as wage attachment, DUI, separation or divorce, been terminated from your job as a result of your drinking or drug use?
- Have you ever driven while intoxicated or in a drug-induced haze? Have you gone to work drunk or high?
- Are you unable to enjoy an event without being under the influence?
- Do you spend much of your time thinking about drinking or planning the next time you will use?
- Do you ever do things while under the influence that you regret afterwards?
- Have you developed medical problems or suffered injuries as a result of your drinking or drug use?

If you answered yes to any of these questions, it is possible that you have a substance abuse problem. If you think this might be you or a loved one, your Member Assistance Program can help. MAP counselors are specially trained to identify substance abuse problems and assist in accessing the most appropriate treatment.

For more information, please contact your [Member Assistance Program](#) at 1-888-MAP-6637

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