

# Alcohol & Substance Abuse

**The Alcohol & Substance Abuse module is an online program that is proven to help individuals suffering from alcohol, substance abuse, and depression in short, easy sessions.**

Learn skills and techniques to understand addiction and learn ways to improve your mood, relaxation, and mindfulness.

Feeling better, being better

- Proven, medication-free option
- Simple, easy-to-follow instructions
- Access anytime, anywhere and at your own pace
- Private and confidential

Research proves you can:

- Learn new skills to help feel better
- Gain knowledge to prevent setbacks
- Experience improvement — over 50% of people reduced addiction after six months.

Available to you at no cost.

Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

USPS EMPLOYEE ASSISTANCE PROGRAM  
**A Program You Can Trust**



**800-327-4968**

(800-EAP-4-YOU) TTY: 877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)



**Struggling with  
substance use?**