

# No one plans to have a problem

If you find the holidays to be an emotionally difficult and isolating time, you are not alone. We're navigating a global pandemic, changes in what is normal, and additional stress.

## You may need help if you've found that you:

- Drink more than you used to in order to get the same effect
- Have difficulty stopping or are drinking more than your planned limit
- Notice alcohol or substance use is interfering with your relationships or responsibilities

**Contact the EAP if you're struggling to cope or need help managing your alcohol or substance use. Counselors are available 24/7 to offer free, confidential help.**

For additional tips on how to reduce stress, stay sober and celebrate the holidays safely this year, log onto the [EAP Member Site](https://cascadecenters.com) at [cascadecenters.com](https://cascadecenters.com).



**Cascade is giving the gift of a safe ride home this holiday season.**

**Scan the QR code for more details.**

**For assistance:**

**call: 800-433-2320**

**text: 503-850-7721**

**email: [info@cascadecenters.com](mailto:info@cascadecenters.com)**

