



ALCOHOL AND YOUR HEALTH



Contact your EAP for confidential counseling and assistance any time!

Alcohol can harm your health. It can cause:

- Liver damage
- Stomach ailments
- Loss of appetite
- Weight gain
- Impotence
- Heart damage
- Skin problems
- Vitamin deficiencies
- Memory loss
- Infertility

Concerned about your drinking or someone else's? Call your employee assistance program (EAP). An EAP professional can help you or someone you care about seek treatment. All calls are confidential. You can call 24 hours a day, 7 days a week.

1-800-XXX-XXXX | www.achievesolutions.net/xxxx