If you are struggling with opioid abuse or addiction, or if you are concerned that a co-worker is addicted, here are some of the steps you can take:

Contact your manager or supervisor with your concerns or talk with Human Resources.

Some signs of abuse

Physical Signs
- Unusual drowsiness
- Dizziness
- Constricted (small) pupils
- Slowed breathing
- Constipation

Behavioral Signs
- Extreme mood swings
- More absences from work
- Consistently late to work
- Withdrawal from friends, coworkers and family