



# Addictions

The pandemic has contributed to many of us experiencing higher levels of stress and anxiety. During these difficult times, people may turn to substances like alcohol, cannabis, and smoking or vaping as ways of coping. Coping with stress by using substances can have serious consequences on a person's overall physical and mental health. Those with existing mental health and addiction issues are particularly vulnerable and may experience increased anxiety or worsening of existing mental health and addiction symptoms. Identifying these issues, uncovering any underlying issues and trying to heal them will contribute to the recovery process and help to prevent new addictions from developing.

If you or someone you know is struggling with an addiction, seek advice and support from a qualified medical professional, your primary care physician, or refer to the resources available through your EFAP provider who can provide support and guidance when dealing with addictions.

To kick off this week's theme we are providing you with a TED Talk video called What Really Causes Addiction. Access the video here:

- [https://www.ted.com/talks/johann\\_hari\\_everything\\_you\\_think\\_you\\_know\\_about\\_addiction\\_is\\_wrong#t-318300](https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong#t-318300)

In addition to the video we also have the following resources available to you:

- [Understanding Addiction](#)
- [Addictions 101 eCourse](#)
- [Stigma Around Substance Abuse](#)
- [How to Talk to a Friend or Family Member About Drugs](#)
- [Technology and Screen Time: How much is too much?](#)
- [When Habits Become Addictions](#)
- [Avoiding Substitute Addictions](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just to our employees but also to their partner or family members.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play  
PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play