



Many people turn to drinking to cope with a hardship or conflict in their lives. This often has the opposite effect, and instead of helping people, drinking actually makes matters much worse. Life will never be perfect and there will always be times when conflict arises, that does not mean you have to turn to alcohol in those situations.

Drinking your problems away is ineffective and you will never find peace through drinking. Instead, it is important to find healthy ways to cope with conflict and stress in your life. Finding serenity will not happen with the absence of conflict, but rather when you cope with conflict in a healthy manner.

IMPORTANT RESOURCE NUMBERS

- ★ **Employee Assistance Unit 24/7**
90 Church St. Suite 1209
New York, NY 10007 | 646-610-6730
- ★ **Counseling Services Unit**
1 Lefrak City Plaza, 15th FL
Corona, NY 11368 | 718-760-7557
- ★ **Interim and Critical Incident Support Services**
137 Centre Street, 2nd FL
New York, NY 10013 | 212-343-3701
- ★ **POPPA Active Helpline**
1-888-267-7267 | 1-888-COPSCOP
- ★ **POPPA Retiree Helpline**
1-800-599-1085
- ★ **SAMSHA National Helpline 24/7**
resources and support
1-800-662-HELP



Employee Assistance Unit

The Employee Assistance Unit (EAO) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAO personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

EAO IS AVAILABLE 24/7 by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

If it's important to you,
it's important to us.

Employee Assistance Unit
90 Church Street
Suite 1209
New York, NY 10007
646-610-6730

Employee Assistance Unit

What is Problem Drinking?



PROBLEM DRINKING AND LAW ENFORCEMENT

As a Member of the Service, you have a unique role in society. Your job is to uphold the law and protect the public.

You also have a responsibility to take care of yourself. Problem drinking, and more severely, alcohol abuse is a serious issue among law enforcement personnel, and it can have a negative impact on your health, your career, and your personal life.

WHAT IS PROBLEM DRINKING?

Problem drinking is a pattern of alcohol use that leads to significant distress or impairment in your life. It can lead to a variety of consequences that can negatively affect the livelihood of both you, and your loved ones. Alcohol abuse can range from a tendency to binge drink, to regular heavy alcohol use. Some signs and symptoms of problem drinking may include:

- Drinking to cope with stress or emotions
- Drinking alone or in secret
- Feeling like you should minimize your alcohol intake
- Feeling like alcohol is starting to affect your work or home life
- Drinking causes you to feel bad or guilty

The National Institute on Alcohol Abuse and Alcoholism defines heavy drinking as the following:

- For men, consuming more than 5 drinks on any day or more than 15 drinks per week
- For women, consuming more than 4 drinks on any day or more than 8 drinks per week

The effects of problem drinking on law enforcement personnel can have serious consequences. Impaired judgement can lead to poor decision making, such as driving while intoxicated. This can lead to disciplinary action, legal issues, and possible loss of employment.

To better understand your drinking habits, here are a few questions you can ask yourself to help make a self-assessment:

- Have I ever attempted to cut back on the amount of alcohol I drink? (ex. Sober October, New Year's resolution, etc.)
- Have people ever criticized me about my drinking?
- Am I not able to stop drinking once I have started?
- Do I ever drink in the morning to steady my emotions, or cure a hangover? (Hair of the dog)
- Do I ever drink more than what is recommended? The CDC recommends not to exceed more than 1 drink for women or 2 drinks for men on days when consuming alcohol.

These questions are not meant to be a medical diagnosis. However, if you answered yes to two or more of them, further assessment or inquiries should be considered.

Problem drinking is an important issue in police work, as estimates indicate that the rate of alcohol abuse among police officers in the United States is about double that of the general population.

MYTH: I can sober up quickly by taking a cold shower or drinking coffee.

FACT: On average, it takes 2 to 3 hours for a single drink to leave the body.

MYTH: Beer and wine are safer than liquor.

FACT: One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half a cup) has as much alcohol as a 1.5 ounce shot of liquor.

MYTH: Alcohol affects men and women similarly.

FACT: Women are affected more rapidly by alcohol.

MYTH: Alcohol is a stimulant.

FACT: Alcohol is a central nervous system depressant.

MYTH: Alcohol is a great way to relax and reduce stress.

FACT: Alcohol increases the level of stress that is placed on the body.

**SUPPORT IS
AVAILABLE 24/7
CALL ANY TIME
646-610-6730**