

Substance Misuse



Over 2 million people in New York have a substance use disorder (SUD)(*Office of Addiction Services and Supports/OASAS*). Alcohol, heroin and prescription medications are among the most common misused substances.

Substance misuse is linked to various adverse consequences such as health problems, loss of work, increased accidents, fractured relationships and in too many instances, death. In 2022, in New York State alone, over 6,000 individuals died due to a drug overdose, and over 2,000 died due to alcohol related causes.

SUD's are chronic and debilitating diseases. SUD's are associated with family history, genetic influence, traumatic experiences, medical issues and mental health.

Substance Use Disorders can manifest in various ways, such as:

- Taking larger amounts of a substance or using it for longer than intended.
- Devoting excessive time to obtaining or recovering from use of the substance.
- Experiencing strong cravings and urges to use.
- Failing to fulfill responsibilities at work, home, or school due to substance use.
- Neglecting important social, occupational, or recreational activities.
- Engaging in risky behavior while under the influence.
- Continuing to use, despite physical or psychological problems being caused by the substance use.

IMPORTANT:

HELP IS AVAILABLE AND
SUBSTANCE MISUSE IS
TREATABLE.

Reach out to the NYC Employee
Assistance Program (EAP) to learn
more.

phone: 212.306.7660

email: eap@olr.nyc.gov

website: nyc.gov/eap

[Click here for Just Five](#), an
anonymous and confidential website
that will help you learn about
substance use, misuse and
treatment options.