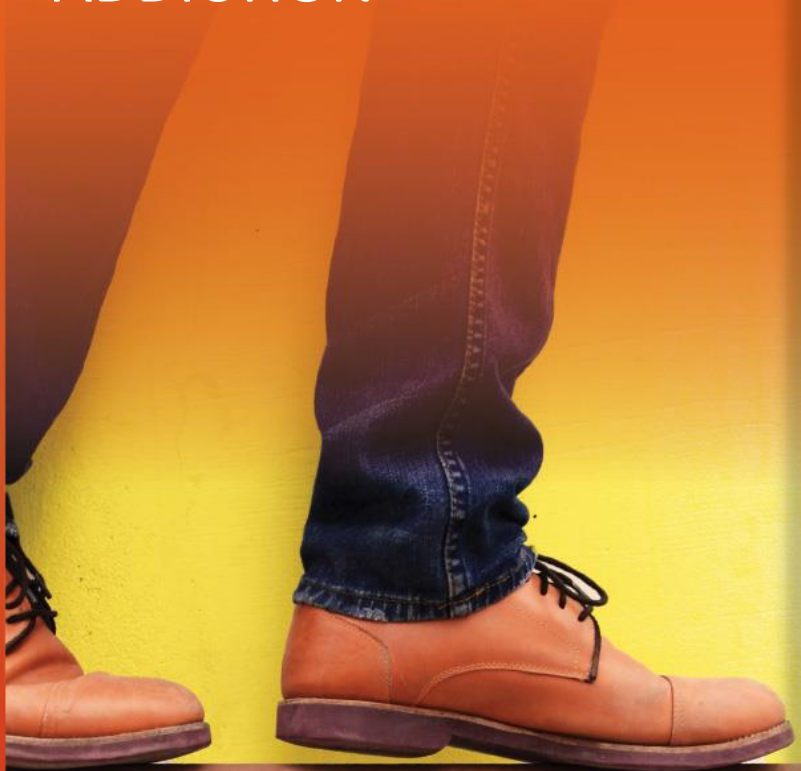




WHAT IS MY FIRST STEP

GETTING A
HANDLE ON
ADDICTION



If you or someone you care about is struggling with an addiction to a substance or behavior, your Employee Support Program is here to help. Information and resources are available to help you find the support you need.

TOLL-FREE: **800-346-0110**

WEBSITE: www.inova.org/eap

USERNAME: **UMBCEAP**

PASSWORD: **360231**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

**Identifying Signs of
Addiction in a Loved One**

Oct 21 — 12 pm, 2 pm ET

There are key signs to consider if you think a loved one may have an addiction. This webinar will provide an overview to this complex situation and options to consider when looking for help.

