

April 8, 7:20 pm

# problem

**Found beer hidden in son's closet.**



April 8, 7:32 pm

# solved

**One phone call made the difference.**

Carlos wanted some advice on how to speak to his son about drinking, so he called his Employee Assistance Program (EAP). Within minutes, he:

- Spoke with an EAP advocate about the warning signs of substance abuse
- Role-played with an EAP consultant about how to talk with his son
- Received contact information for providers in his area specializing in family counseling and substance abuse
- Researched [www.cignabehavioral.com](http://www.cignabehavioral.com) for information about parenting teens

**Call your confidential EAP any day, any time,  
for free assistance with information, resources  
or a referral to help resolve your concerns.**



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