

The performing arts and entertainment industry has a long and time honored tradition of helping its own – without judgment, with respect, confidentiality and preservation of dignity. The Actors Fund Chemical Dependency Services is here to help all industry professionals who are struggling with alcohol and drug abuse problems.

What Actors Fund clients say

“I had a successful career which drugs and alcohol were about to destroy. When I was introduced to The Actors Fund, I was given a helping hand and a bridge back to sanity.”

“When confronted with being fired and told by producers to get help, I had no idea where to go. A friend recommended I contact The Actors Fund. That was the beginning of my recovery and the reconstruction of my life and career.”

“Thanks for believing in me and not giving up when everyone else was ready to. It was a difficult road to travel, but it’s great to be part of life.”

Take the first step by getting in touch with The Actors Fund

For more information visit
www.actorsfund.org

The Actors Fund *Offices*

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www.actorsfund.org

**The Actors Fund,
for everyone
in entertainment.**

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Chemical
Dependency
Services

**DON'T LET DRUGS AND ALCOHOL
RUN THE SHOW**

*When Performing Arts and
Entertainment Professionals
Need to Know More*

Entertainment & performing arts professionals are no strangers to the problems of substance abuse

Alcohol, marijuana, cocaine, heroin, and other substances have damaged careers, ruined performances, destroyed families and brought creative lives to an early end. When a professional has a substance abuse problem, the effects can be widespread, impacting the productivity and safety of cast and crew and the stability of the production.

In our community fierce competition, short term employment and the perpetual need to nurture and hone skills can create intense pressure. The fluctuating experience of success or failure can contribute to feelings of inadequacy. The abuse of drugs and alcohol can become a way to manage stress, control feelings, or try to enhance creativity.

The Actors Fund Chemical Dependency Services provides support by helping industry professionals confront addiction, get treatment, stay sober and get their lives back on track. Services are strictly confidential, free of charge and available to EVERYONE who works in performing arts and entertainment – not only actors but all who work on stage and screen and behind the scenes.

How the program works

When you make an appointment you'll meet with a social worker and:

- Talk confidentially about substance use and your specific situation and concerns
- Develop a plan based on your specific needs
- Get treatment – with or without health insurance
- Receive support throughout the recovery process
- **In a crisis situation immediate help is available**

There is a fine line between substance use, abuse and addiction

It's often hard to tell when the line is crossed into alcohol or drug dependency. Some people mask their substance abuse problems from themselves and others for years. If you have questions about yourself or someone you care about, consider this checklist:

- Do you use alcohol or drugs to help you get through stressful or painful situations?
- Has drug or alcohol use impacted your relationships, your work, home or social life?
- Have you continued using despite knowing it causes physical and psychological problems?
- Do you have difficulty being alone, getting to sleep or waking up without drinking or using drugs?
- Do you have legal or financial problems as a result of alcohol or drug use?
- Have you ever had withdrawal symptoms such as anxiety, depression, irritability, agitation, fatigue, disturbed sleep or bad dreams?
- Have you had difficulty thinking clearly?
- Have you ever had a blackout or couldn't remember what happened after drinking too much?
- Do you ever drink or use drugs more than you intend to?
- Have you ever been annoyed by people who wanted you to cut down your alcohol or drug use?
- Have you ever tried to cut down or stop, but couldn't?

Getting the help you need

Answering yes to any of the questions on the checklist may indicate a problem. Addiction is a disease that no one plans on getting. What starts as social relaxation or curiosity can change into abuse or dependence over time. When you find yourself using more than you intend, when you realize it takes more to get high, if you no longer feel high when you use, or you continue to use despite the physiological, social and psychological consequences, it's important to know that help is available.

The Actors Fund provides free and confidential assistance. During your appointment with one of our social workers you can ask any questions and discuss any concerns.

Call The Actors Fund Chemical Dependency Services

NY - 212.221.7300 ext. 114

Chicago - 312.372.0989

LA - 323.933.9244

Or from anywhere in the country
call toll-free 800.221.7303 ext.119

Your questions will be answered
with professionalism, candor
and confidentiality