

# Anybody See a Monkey 'Round Here?

**When it comes to substance abuse, ignoring the obvious doesn't help.**

- Being hung over or impaired at work is a problem for everyone.
- As a team we depend on one another to be reliable.
- If you, a coworker or someone you care about has an issue with substance abuse, help is available.

For more information, contact  
the Maine Office of Substance Abuse Information and Resource Center:  
**1-800-499-0027 • [www.maineosa.org](http://www.maineosa.org) • TTY: 1-800-606-0215**  
For 24-hour referral, dial **211** or visit: **[www.211maine.org](http://www.211maine.org)**

**WORK  
ALERT**



Office of Substance Abuse  
Department of Health and Human Services

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner