

What should I do during this pandemic if I have a Substance Use Disorder (SUD)?

- Stay as safe as possible from contracting COVID-19 by following the U.S. Centers for Disease Control and Prevention Covid-19 Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/>
- Call your doctor if you experience symptoms of COVID-19. Individuals with an SUD may be at higher risk for serious effects.
- If you are in treatment for substance use, maintain contact with your provider. Learn how the necessary COVID-19 distancing policies impact your treatment to ensure you continue with care.
- It is normal to experience stress during this difficult time, but stress can also increase substance use. Effective coping strategies and virtual recovery meetings can reduce the impact of stress and fear, and alleviate anxiety, depression, and other difficult emotions. For information on coping strategies, visit: <https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Not everyone can make it to meetings in person. Here are some resources that many use to access vital recovery support online from home:

The infographic is a central diamond shape with four colored quadrants: teal (top-left), purple (top-right), yellow (bottom-left), and blue (bottom-right). The teal quadrant is for Alcoholics Anonymous, the purple for Narcotics Anonymous, the yellow for SMART Recovery, and the blue for Other Resources. Each quadrant lists specific websites and includes logos for AA, NA, and SMART Recovery. A smartphone icon is located at the bottom of the blue quadrant. The bottom right corner features the Recovery Research Institute logo.

Alcoholics Anonymous

aa-intergroup.org/directory.php
onlinegroupaa.org
aaonlinemeeting.net

Narcotics Anonymous

virtual-na.org
na.org/meetingsearch
*for country, select "Web"

SMART Recovery

smartrecovery.org/smart-recovery-toolbox/smart-recovery-online
smartrecovery.org/private-convenient-online-recovery-support

Other Resources

addictioncampuses.com/alcohol/apps-for-recovery
sobergrid.com/howitworks
intherooms.com/home
unityrecovery.zoom.us/my/allrecovery

Recovery Research Institute
RECOVERYANDWEB.ORG

How do I help a loved one with an SUD, or is in recovery, during this difficult time?

While it is normal to experience stress and fear during this difficult time, changes in routine and physical distancing policies may be especially hard for people with an SUD. Those in recovery may face heightened urges to use substances and could be at increased risk for relapse.

- If you know someone who is experiencing or recovering from an SUD, now may be a good time to reach out to them to see how they are and to remind them that they are loved.
- You can also encourage your loved one to use effective coping strategies to reduce the impact of stress and fear, and alleviate anxiety, depression, and other difficult emotions.
- If your loved one is increasing their use of substances or decreasing treatments during this pandemic, help them connect to supportive resources, including virtual recovery meetings. Many are easy-access virtual resources to help those with an SUD and their loved ones, including:
 - ❖ **Substance Abuse and Mental Health Services Administration (SAMHSA):** Visit <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf> for links to online meetings and recovery support resources offered by various mutual help groups and other organizations, as well as information on setting up a virtual meeting.
 - ❖ **National Institute on Alcohol Abuse and Alcoholism (NIAAA):** Visit <https://alcoholtreatment.niaaa.nih.gov/> for information on accessing alcohol treatment through telehealth services and other online options.
 - ❖ **Addiction Policy Forum and CHES Health:** Visit <https://www.addictionpolicy.org/connections-app> for a free research-based smartphone app to help people with recovery from substance use.
 - ❖ **Center on Addiction:** Visit <https://drugfree.org/> which provides mobile (phone- and text-based) education and support for family members struggling with a loved one's addiction as well as links to other virtual resources.
 - ❖ **Faces and Voices of Recovery:** Visit <https://facesandvoicesofrecovery.org/> which is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, their families, friends and allies into recovery community organizations and networks.
 - ❖ **Shatterproof:** Visit <https://www.shatterproof.org/>, a national nonprofit organization dedicated to reversing the addiction crisis in the United States.
- If your loved one is in crisis, call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. To learn more on the Crisis Text Line, visit <https://www.crisistextline.org/>.
- Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency.