

CORONAVIRUS DISEASE (COVID-19) SUBSTANCE ABUSE



In the wake of the coronavirus pandemic, governments around the world ask people to self-isolate and practice social distancing. This means recovery meetings such as AA and NA are canceled. In some areas, mental health professionals are not seeing patients in the traditional office or support group settings. **Many worry about disruption in their recovery process or that of a loved one struggling with substance abuse.**

It is important to continue treatment by transitioning to remote services or alternatives to the traditional in person appointments. Talk to your provider and peer support group about offering or expanding **telephonic and video conferencing sessions.** Many groups already had 24-hour hotlines in place if you need support between your appointments and/or meetings.

If your substance abuse treatment plan has a medication component you can **ask your health care provider about getting a 60 vs. 30-day supply.** If this is not possible, be sure to refill your medications as soon as they are allowed.

Even amidst all the changes, risks and uncertainty – remember that **social distancing does not have to translate into social isolation.** You may not be able to attend meetings or come into centers but there are lifelines for you.

If you or a loved one has a substance abuse issue, talk to your medical or mental health provider, support organization or local social service group to **formulate a plan and get the alternative resources you need to continue your path of recovery.** If you are unsure where to start contact SAMHSA's National Helpline – 1-800-662-HELP (4357)



HMC is here to help...

CALL 888-369-5054

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