

“The opposite of addiction is human connection, not sobriety.”

Get Help for Addiction During COVID-19

The COVID-19 pandemic is affecting people in different ways. For those struggling with addiction and mental illness, this can be a hard time. Here are six things to keep in mind right now.

- 1 Keep your distance without feeling isolated**
Social distancing measures are meant to save lives and limit the spread of COVID-19. For people working toward or in recovery, being alone can be hard. But even though we're physically apart, support is still available. For example, AA and NA have remote meetings.
 - 2 Don't ignore the impact of this trauma**
The COVID-19 pandemic is a public health and economic crisis. This experience can be traumatizing for some people. It can make us fearful, lonely and anxious.

Trauma can be a trigger for people with substance use disorder, pushing them to alcohol or drugs. Trauma also can make an existing mental health disorder worse. Talking to your doctor or a mental health provider can help. Don't be afraid to reach out when you need help.
 - 3 Take advantage of telehealth**
Telehealth allows you to speak with a provider using your phone, tablet or computer. Getting care from home helps limit the spread of COVID-19. If you're scheduling a doctor's visit, ask about telehealth.
 - 4 Learn about options for smoking cessation**
If you smoke or use e-cigarettes, you may be at an increased risk for complications from COVID-19. Your doctor may talk to you about these risks. There are also several therapies that can help you quit. Ask your doctor to help you find one that's right for you.
 - 5 Get help for opioid use disorder.**
If you or a loved one is dealing with opioid addiction, help is available. Doctors can prescribe life-saving medications and can see you via telehealth or in the office.
 - 6 Remember that addiction doesn't stop for a pandemic**
During this public health crisis, people continue to struggle with addiction to drugs and alcohol. Your doctor or a mental health provider can help. Don't hesitate to contact them for support.
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- Get the help you need**
If you or someone you love is considering harming themselves, the National Suicide Prevention Lifeline can help. Call 800-273-8255.

