

## **The Challenges of Substance Abuse During COVID-19**

The COVID-19 pandemic can create intense, stressful challenges for those with substance abuse disorders and those that are in recovery. Not only does the virus present as a physical threat, but it could also trigger a relapse.

The impact that social isolation from quarantine has had on maintaining sobriety has been overwhelming. When combined with managing the fears and risks of the virus, the health and safety of loved ones, and the current state of our economy, sobriety may be difficult. Those who are in recovery or battling addiction must stay connected with as many resources as possible. If you or anyone you know is struggling with substance abuse at this time, this group discussion could help.

### **Challenges people with Substance Abuse Disorders or in Recovery may face:**

- Addiction makes people more susceptible to contracting and having complications related to COVID-19
- Economic background influences health access and treatment
- Isolation from support systems, leading to addiction and overdose risks
- Feelings of hopelessness or despair about the pandemic

### **Signs of Substance Abuse:**

- Talking about past experiences using substances
- Irritability
- Changes in Appetite
- Changes in Sleep
- Frequently communicating with others who use

### **Resources to help with sobriety:**

- SAMHSA's National Helpline, 1-800-662-HELP (4357),
- [Alcoholics Anonymous](#): Offers online support
- [Cocaine Anonymous](#): Offers online support and services
- LifeRing: [LifeRing Secular Recovery](#) offers online support
- [In The Rooms](#) - Online Recovery Meetings: Provides online support through live meetings and discussion groups
- [Marijuana Anonymous](#): Offers virtual support
- [We Connect Recovery](#): Provides daily online recovery groups for those with substance use and mental illness
- [Unity Recovery + WEconnect + Alano Club](#): Providing daily virtual meeting for those in recovery and for their family members
- [Narcotics Anonymous](#): Offers a variety of online and skype meeting options
- [Reddit Recovery](#): Offers a virtual hang out and support during recovery

- [SoberCity](#): Offers an online support and recovery community
- [Sobergrid](#): Offers an online platform to help anyone get sober and stay sober