



TIPS MANAGING ADDICTION DURING COVID 19

Isolation is a major trigger for those struggling with substance use disorders and working on maintaining/obtaining recovery. Thankfully, in this time of social distancing, technology is available to both create and maintain healthy social connections.

Things you can do!

- ✓ When you feel like using, reach out! Self-Help meetings have resources you can access via the internet, there are also helplines, and walk in centers still available.
- ✓ Check yourself! On a daily basis, take a personal inventory about how you are feeling and what you can do to make a change.
- ✓ Keep in touch with your providers, although they may not be meeting in person, many agencies have worked out a solution for telehealth services and are accepting new clients!
- ✓ Get outside. Although we need to maintain physical distance, we can still utilize the outside to clear our minds and get our bodies moving!
- ✓ Continue to take all of your medication as prescribed
- ✓ Feeding your mind! If you haven't found the time to read the Big Book, SMART recovery tips, spiritual literature or your favorite, sci fi novel. This is the time!
- ✓ Turn the news off! Being informed is important but an influx of information can be overwhelming
- ✓ Have structure. This is important as it gives us all a sense of normalcy.
- ✓ Lastly, avoid isolation! The disease of addiction is isolating by nature, don't let COVID-19 perpetuate that cycle! Call, text, video chat, friends, family and supports you know have worked in the past!

If you are having difficulties, reach out to an addiction service provider. Please call the Nassau County Helpline at **516-227-TALK (516-227-8255)** to learn about resources available in the community and/or download the Nassau CARES app. 

Additional Resources

- ✚ Online Sober Support Meetings - <https://www.aa-intergroup.org/>, <http://na-recovery.org/> and <https://www.smartrecovery.org/family/>
- ✚ Sober Network Apps such as Connections, I am Sober and Sober Grid
- ✚ Central Nassau Guidance Mobile Recovery Unit—516-396-2778 (Access to medication assisted treatment, peer support, counseling and health screenings)
- ✚ Zucker Hillside Addiction Recovery Services—718-470-8950
- ✚ Long Island Crisis Center Middle Earth—516-679-1111 (crisis intervention counseling and information)
- ✚ New York State Office of Addiction Services and Supports: <https://findaddictiontreatment.ny.gov/>, (OASAS) Hope Line—877-846-7369
- ✚ Nassau County Opioid Addiction Program—516-572-5801, 516-572-6305
- ✚ Mary Haven New Hope—516-546-7070