Taking Care During Difficult Times

Substance Use During the Pandemic

Practice Moderation

- Although alcohol, cannabis, or other drugs may help you relax or cope with stress, it's important to **limit or avoid** use to reduce long-term impacts.
- **Buy Safer**- Always purchase products & equipment from a licensed retailer.
- **Take breaks** or "days off" from alcohol/drug use.
- **Avoid** vaping liquid cannabis extracts or pods.
- Cannabis products vary in TCH/CBD levels. **Always ready the label.**
- If you're concerned about your or a loved one's substance use, reach out – We're here to help.

When Zero's The Limit
- When you're responsible for the safety of others (e.g., children, someone with illness).
- When driving a vehicle or using machinery.
- When pregnant or planning to be pregnant.
- When taking medication or drugs that may interact.

For more information, check out:
Managing Stress During the Pandemic
Canada's Low-Risk Alcohol Drinking Guidelines
Canada's Lower-Risk Cannabis Use Guidelines

While in Self-Isolation

- Ask a friend or family member to pick up supplies, including a naloxone kit.
- Use technology to stay connected to others.
- Ask for help when you're feeling overwhelmed.

Practice Safer Use

- **Wash your hands** & keep your space clean.
- **Prepare** your drugs yourself.
- **Stock up** on supplies to last 3-4 weeks.
- **Minimize** the need to share (e.g., pipes, joints, injecting supplies).
- **Carry Naloxone** & let others know you have it. Call your local Mental Health & Addictions Office to get a free kit or call the Healthline- 811.

For more information, check out:
COVID-19 Safer Drug Use Harm Reduction Tips.

Prepare for Unplanned Withdrawal

- You may lose access to alcohol & drugs. If this occurs, withdrawal symptoms can start within a few hours:

  - Tremors
  - Rapid pulse
  - Sweating
  - Feeling anxious, angry, or irritable
  - Nausea & vomiting
  - Hallucinations
  - Seizures
  - Loss of consciousness

- Team up with someone you trust who will get you medical care if needed.
- Receive rapid access to suboxone/methadone by calling a local Opioid Dependence Treatment Hubs.
- Withdrawal can be dangerous Call 911 in an emergency.

Isolation During Recovery

If you are in recovery & experiencing stress, reach out for help before a relapse occurs.

- Stay connected with friends & family for support – chat, text, video calls, social media.
- Visit Bridge the gapp to find supports for mindfulness and meditation.
- Use guided relaxation videos (e.g., progressive muscle relaxation, mindfulness meditation).
- Connect with online supports (see Additional Resources below).

You are not alone. We're here to help.

doorways

Call the office in your area to discuss counselling options available.
Monday to Friday 8:30 am – 4:30 pm

Bridge the gapp

Check out the new E-Mental Health options from the comfort of your home.
www.bridgethegapp.ca

If you have concerns about your substance use, please refer to the following resources:

o Provincial CHANNAL Warm Line (toll-free)	1-855-753-2560	9 am – 12 midnight
Provincial CHANNAL Warm Line (St. John's)	709-753-2560	9 am – 12 midnight
o Mental Health & Addictions Systems Navigator	1-877-999-7589	9 am – 5 pm weekdays
o Health Line	811	24 hours; 7 days/week
o Mental Health & Substance Use Self-Screening	www.CheckitOutNL.ca	

If you or someone you know requires emergency or crisis support, please call 911 or:

o Provincial Mental Health Crisis Line	1-888-737-4668	24 hours; 7 days/week
o Crisis Text Line	Text 'Talk' to 686868	24 hours; 7 days/week
o Kids Help Phone	1-800-668-6868	

Additional Resources:

Alcoholics Anonymous (AA)
- o Daily online meetings: www.aastjohns.com
- o Online Chat Room: www.aaonline.org
- o AA Help Line: 1-888-579-5215
  Monday to Friday 2:00 pm – 8:00 pm

Narcotics Anonymous (NA)
- o Online meetings: www.naway.com

Centre for Addiction & Mental Health (CAMH)
- o www.camh.ca/covid19

Safe Works Access Program (SWAP)
- o Free drug supplies & education
  Tel: (709) 757-7927 or (709) 634-7927

U-Turn Drop-In Centre
- o Tel: (709) 595-3223 / Cell: (709) 597-3236
  http://uturnaddictions.org

For more information on Coronavirus (COVID-19), visit https://www.gov.nl.ca/covid-19/