SUBSTANCE MISUSE DURING COVID-19

This pandemic is scary.

There are new pressures on the job, added stress at home, and social distancing is interrupting your source of support, all making it harder to stay sober.

It’s normal to look for an escape and ways to feel better, but misusing alcohol, drugs, and tobacco is only a temporary fix that can negatively impact your physical and mental health long term. In addition, excessive alcohol use can weaken your immune system and make you more susceptible to COVID-19 or other illnesses.

HERE ARE SOME QUESTIONS TO EVALUATE IF YOU OR A LOVED ONE IS SHOWING SIGNS OF SUBSTANCE USE:

- Has your alcohol or substance use increased?
- What are you thinking about right before using?
- Do you feel like you need to use daily or several times a day?
- Is it hard to focus on anything besides using?
- Do you need to use more each time to get the same effect?
- Are you using over longer periods of time?
- Are you spending money on using even when you can’t afford it?
- Have you stopped participating in things you normally would enjoy or not fulfilling obligations or responsibilities because of substance use?
- Are you using even when you have encountered negative consequences?
If you are showing the signs above, getting help now is key.

First, limit your access to substances so they are not easy to consume.

Next, look into resources that can connect you virtually with support meetings and counseling.

Even making small changes – finding new interests and hobbies, reconnecting with your surroundings and people in your life -- can make a difference.

For more help, go to TellMeHowSTL.com