



The outbreak of COVID-19 can be scary and stressful, particularly those struggling with anxiety or substance abuse disorders. As social distancing becomes the norm and adjustments are necessary, please keep in mind that we are available for you and your loved ones.

## WHEN TO CALL AND ASK FOR HELP:

- ~You find yourself reliving old traumas you thought were healed.
- ~Your feelings of anger, fear, vulnerability or blame just won't go away.
- ~You find that you are drinking more or using other drugs to help you get through.
- ~Your functioning at work, home or school is being affected by your emotional stress.
- ~You have flashbacks, or think you see objects or people when they aren't there.
- ~you have thoughts of wanting to harm yourself or another person.

### RESOURCES

**SAMHSA's National Helpline  
(Treatment/Referrals)**  
800-662-4357

**Online AA meetings:**  
<https://www.aa-intergroup.org/>

**Online NA meetings:**  
<https://virtual-na.org>

**Tips for Emergency Responders:**  
<https://emergency.cdc.gov/coping/responders.asp>

### QUARANTINE UPDATES

**CDC Updates:**  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**CDC Hotline:**  
800-232-46363

**Unemployment Insurance:**  
800-244-5631

