

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 read 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.
- Use an app like CALM, Headspace, or Sleep Now.
- 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.



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



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:

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| ○ CHANNAL Warm Line | 1-855-753-2560 | 9 am – 12 midnight |
| ○ Mental Health & Addictions Systems Navigator | 1-877-999-7589 | 9 am – 5 pm weekdays |
| ○ Health Line | 811 | 24 hours; 7 days/week |
| ○ Mental Health & Substance Use Self-Screening | www.CheckitOutNL.ca | |

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

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

Additional Resources:

Alcoholics Anonymous (AA)

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

Narcotics Anonymous (NA)

- Online meetings: www.naway.com

Centre for Addiction & Mental Health (CAMH)

- www.camh.ca/covid19

Safe Works Access Program (SWAP)

- Free drug supplies & education
Tel: (709) 757-7927 or (709) 634-7927

U-Turn Drop-In Centre

- 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/>

