

60% more suspected overdose deaths during COVID-19 in Orange County compared to 2019

According to data submissions to the High Intensity Drug Trafficking Area (HIDTA) Overdose Detection Mapping Application Program (ODMAP).

Stress during a pandemic can sometimes cause the following:

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances



THE ORANGE COUNTY CRISIS CENTER 24/7

CALL 311

OR 1-800-832-1200

ORANGECOUNTYGOV.COM/616/MENTAL-HEALTH

