

SUBSTANCE USE AND COVID-19

Increased stress can lead to increases in alcohol and substance use.

If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, reach out for support and call 311.

MOST COMMON SYMPTOMS RELATED TO SUBSTANCE USE DISORDER:

- Intense cravings
- Tolerance
- Withdrawal symptoms
- Physical dependence
- Engaging in increasingly risky behaviors
- Financial trouble related to drug use
- Neglecting responsibilities
- Developing unhealthy relationships with those who support addiction
- Isolating behaviors
- Estranged or strained relationships with family and friends

WHO'S AT RISK FOR OVERDOSE:

- People in recovery
- People with an Opioid Use Disorder
- People with mental health or untreated psychiatric comorbidities
- People who have previous history of overdosing
- People recently released from inpatient hospitalization, inpatient substance abuse treatment, or jail
- People who have had a loved one die of COVID-19 or experienced a loss



WHAT TO DO:

CALL 311 or 1-800-832-1200

The Orange County Crisis Call Center connects people in need of support 24/7

[ORANGECOUNTYGOV.COM/616/MENTAL-HEALTH](https://www.orangecountygov.com/616/MENTAL-HEALTH)