

# SUBSTANCE USE DURING THE PANDEMIC

## Helping you stay safe while staying at home

### 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.
- **Read the label**- Cannabis products vary in THC/CBD levels.
- **Reach out** if you're concerned about your or a loved one's substance use, reach out

### 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** and 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](#)

### 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.

#### *When Zero is 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.

### Prepare for Unplanned Withdrawal

If you lose access to alcohol and drugs, withdrawal symptoms can start within a few hours:

- Tremors
  - Rapid pulse
  - Sweating
  - Anxiety, anger, or irritability
  - Nausea & vomiting
  - Hallucinations
  - Seizures
  - Loss of consciousness
- Team up with someone you trust to get you medical care if needed.
  - Receive rapid access to suboxone/methadone by calling 811 to connect with a local [Opioid Dependence Treatment Hub](#).
  - Call 911 in an emergency.

For more information, check out:

- [Managing Stress During the Pandemic](#)
- [Canada's Low-Risk Alcohol Drinking Guidelines](#)
- [Canada's Lower-Risk Cannabis Use Guidelines](#)



## 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 guided relaxation videos (e.g., progressive muscle relaxation, mindfulness meditation).
- Use an app like CALM, Headspace, or Sleep Now.

You are not alone. We're here to help.



Call the [office in your area](#) to discuss counselling options available.



E-Mental Health options from the comfort of your home. [www.bridgethegapp.ca](http://www.bridgethegapp.ca)



Health Line  
Call 811

If you have concerns about your substance use, please refer to the following resources:

### CHANNAL Warm Line

1-888-753-2560

9 am - 12 midnight (Island Time)

### Mental Health & Addictions Systems Navigator

1-877-999-7589

9 am - 5 pm weekdays (Island Time)

### Mental Health & Substance Use Self-Screening

[www.CheckitOutNL.ca](http://www.CheckitOutNL.ca)

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

### Provincial Mental Health Crisis Line

1-888-737-4668

Crisis Text Line  
Text 'Talk' to 686868

### Kids Help Phone

1-800-668-6868

### Additional Resources:

#### Alcoholics Anonymous (AA)

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

#### Centre for Addiction & Mental Health (CAMH)

- [www.camh.ca/covid19](http://www.camh.ca/covid19)

#### Safe Works Access Program (SWAP)

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

#### U-Turn Drop-In Centre

- Tel: (709) 595-3223 /  
Cell: (709) 597-3236  
<http://uturnaddictions.org>



Labrador-Grenfell  
Health