

ALCOHOL AND DRUG USE SUPPORTS DURING COVID-19

Struggling with alcohol or drug use in the midst of COVID-19? You are not alone. Here are some supports and resources to help you and your loved ones:



Access support and resources virtually

- Online [video and information supports](#) on preventing and managing substance use relapse, including links to online support groups
- [Online resources](#) on safer drug use, how to isolate safely and managing alcohol consumption and withdrawal (BC Centre of Substance Use)
- [Resources for mental health supports](#) for social distancing and self-isolation (Ministry of Mental Health and Addictions)



Access one of our Community Substance Use Services Clinics

- Counselling for anyone who is open to exploring their relationship to substances as well as for those impacted by a family member's substance use. To be referred or for more information, go [here](#)
- You can also be connected to services through the Provincial Drug and Alcohol Referral Service: 1-800-663-1441 (or 604-660-9382)



If you are concerned about a loved one's substance use, reach out and have a conversation. Here is a [guide](#) and [video](#) with tips to help



If you need to talk to someone, call the Fraser Health Crisis Line. Available 24/7 at (604) 951-8855 or toll-free 1 (877) 820-7444

Fraser Health's [substance use support services](#) are still open and available for anyone who needs them