



A Program of the Brookline Public Health Department

HELP WITH ALCOHOL/SUBSTANCE USE ISSUES during the COVID-19 Pandemic

Life in the age of coronavirus is both unsettling and isolating. The stress of social distancing and the lack of regular routine and supports can make it challenging for all of us to maintain healthy habits and keep up our spirits. But for those struggling with alcohol, marijuana and other drug use, it can be exponentially difficult, making it vital to connect with appropriate support and guidance. Remind friends and family (especially adolescents) that it's not just OK, but **important** to ask for help.

For help in an emergency:
In the case of a true emergency, do not hesitate to call **911**
or go to your nearest emergency room.

If you are concerned about yourself or a loved one and have questions about finding treatment resources, email Brookline Health Department Social Worker Abby Dean at Gabrielle_dean@psbma.org. Email responses will be within 24 hours.

[The Massachusetts Substance Abuse Helpline](#) (800-327-5050) - clearinghouse of information on services, open 24/7. Trained Specialists provide information about substance use abuse treatment programs and other substance use services.

[Inpatient recovery programs](#) still taking referrals: [Caron](#), [Hanley Center](#), but please check first. [Emerson Hospital](#) is still taking referrals for detox and short-term treatment.

Teen Support Group- The Brookline Public Health Department is hosting an online group for students who are sober and want continued support, as well as for students who have a desire to stop using. The meeting structure will include speakers, readings and discussion topics. For more information, or to sign-up for the group, send an email to mary_minottminott@psbma.org.

SELF-HELP RESOURCES

- [Alcoholics Anonymous National](#) - links to archives for reading and listening
- [Alcoholics Anonymous Massachusetts](#) - list of ways to join Zoom meetings at different times, some international

AA has constant ongoing meetings:

Call 712-770-4010 and enter the access code 784487#

- [Narcotics Anonymous](#) - list of virtual meetings
- [Marijuana Anonymous](#) - list of virtual meetings from all over the world
- [Safe Harbor](#) - Has a Facebook group with online meetings
- [Smart Recovery](#) -- online meetings
- [Al-anon and Alateen](#) – MA for those impacted by a loved one's drinking/using
- [Alanon national electronic meetings](#)
- [Alateen Chat Room Meetings](#) - teens need to register for meetings, always an adult moderator on-line as well
- Recovery and mental health podcasts - [The Right Mind Media Podcast](#)- information on mental health and substance use; [Recovery Radio](#); [This Naked Mind](#) - Annie Grace, based on her recovery; [The Bubble Hour](#) alcoholism and women.

The Boston Globe has a [great article](#) on recovery and coronavirus in the Boston area. This may seem like a difficult time to get or maintain sobriety but there are many online and video supports. Video may not be the same as in person, but for those early in recovery or who have not gotten into the swing of meetings, it may even be a little easier. You don't even have to leave the house. The Boston area has a long history of recovery and supporting people in need. So, if you reach out for help you will find it. We will keep posting resources. Take care.

For additional information on podcasts, helpful articles, and topical news, follow us on www.facebook.com/BrooklineParentEducationNetwork

And for additional resources, go to

www.B-PEN.org

June_Harris@psbma.org Karen_Campbell@psbma.org

*informed * involved * connected*