

We are Strong; We are Resilient; We will Persevere

SAMHSA cares about your Health and Wellness. Optimal health is defined by 8 dimensions: Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational, and Social

- SAMHSA Guidance and Resources: [SAMHSA.gov/Coronavirus](https://www.samhsa.gov/coronavirus)
- Treatment and withdrawal management programs remain **open**
- Telehealth/medicine has been expanded
- 42 CFR Part 2 – [CARES Act aligns requirements with HIPPA](#)
- [Training and Technical Assistance](#) Related to COVID-19 ([ATTC](#)/[PTTC](#)/[MHTTC](#))
- Virtual [Wellness Breaks](#) for staff involved in providing mental health services
- Behavioral Health Tips For [Social Distancing, Quarantine, And Isolation](#) During An Infectious Disease Outbreak

Virtual Recovery Support

Examples of [SAMHSA's Virtual Recovery Resources](#):

- [In The Rooms Online Recovery Meetings](#): Provides online support through live meetings and discussion groups
- Online 12 Step Meetings: [Alcoholics Anonymous](#) and [Narcotics Anonymous](#)
- The Phoenix, a sober active community has introduced [daily live-streamed, virtual programming](#) for Crossfit, Yoga, and Meditation along with other online social events
- [Sober Recovery](#): Provides an online forum for those in recovery and their friends and family
- *National Alliance for Mental Illness (NAMI)* [Coronavirus Information and Resources Guide](#)
- Hazelden Betty Ford Foundation contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, [The Daily Pledge](#) and [“Tips for Staying Connected and Safeguarding Your Addiction Recovery”](#)
- Shatterproof: [“How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery”](#) provides helpful suggestions
- The Chopra Center: [“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”](#)

SAMHSA's National Helpline – 1-800-662-HELP (4357)

Key messages to amplify...

- We are **concerned** about people with mental and substance use disorders.
- Substance Use Disorder **Treatment services are still open**. Medications like methadone and buprenorphine continue to be available either at Opioid Treatment Programs or through doctor's offices.
- **If you are in crisis** and need immediate help – please call 911. If you or someone you know is thinking about suicide—whether you are in crisis or not—call [**1-800-273-TALK \(8255\)**](tel:1-800-273-TALK(8255)).
- Many have lost access to daily meetings and activities that help them sustain their recovery.
- While staying at home is important, **there is no need to isolate** - using the phone and computer to stay in touch with your support network is important. Online meetings and other resources are available.
- Mental Illness and Addiction are chronic diseases with the potential for both recurrence and long-term recovery.
- **Staying connected and helping each other** is critical.

An Ounce of Prevention...

Take Control. Take Action.

- **Take -Back Day** -
 - *April 25, 2020 has been postponed*
- We can still help every day! Pharmacies are still open. [Click here](#) to locate a drop site near you.
- Continue to share information on prevention.
- Remember, the majority of people who misused prescriptions received them from friends or relative who received them from a single doctor

