



## COVID-19: ALCOHOL & OTHER DRUG USE

### EVERYONE REACTS DIFFERENTLY TO A DISASTER

- Use of alcohol and drugs may increase as people look for ways to relax, calm down, deal with a stressful situation or pass the time.
- For people in recovery, experiencing a disaster or emergency can trigger strong urges to drink or use drugs again. For others, it makes them more committed to recovery.
- Here are some ways to cope with stress:
  - o Deal with your problems and feelings as they come up.
  - o Build a balance in your daily routine to reduce stress.
  - o Talk to friends, family or a professional counsellor.
  - o Think through ways to handle risky situations.
- Avoid or limit drinks with alcohol and caffeine (e.g. pop, coffee, tea, energy drinks). Both can disrupt normal sleep patterns, cause changes in mood, and make feelings of stress and anxiety worse.
- Maintain your regular routines as much as possible. Focus on what needs to happen today, and make a list of what you need to do in the next day or week to keep yourself safe and comfortable.
- Focus on positive things such as exercising, writing, organizing and sleep. Engage in activities you can share with others such as sharing meals and playing games.
- Parents: Modelling calm and constructive reactions to the event will help your child feel calmer and cope better. It's ok to have strong emotions. Name them (e.g. "I feel frustrated" or "I feel sad"). Talk about how you feel and how you are going to cope (deep breathing, positive thinking) so your child learns to do the same. Visit the section called "Help in Tough Times" for more information, tips, and strategies: <https://albertahealthservices.ca/amh/Page16759.aspx>.



**Alberta Health  
Services**

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

## PEACE RIVER ADDICTION SERVICES

Office hours are  
Monday – Friday  
8:00 AM – 4:30 PM

Addiction & Mental Health  
Building, 10015 – 98 St,  
Peace River, AB, T8S 1T4

Outpatient counselling  
services are currently  
available by phone and  
Zoom videoconferencing

Available to all Albertans:  
adults, youth, family and  
friends

Addictions Services 24/7  
Helpline: 1-866-332-2322

Mental Health 24/7  
Helpline: 1-877-303-2642

[www.albertahealthservices.ca  
a/addictionhelp](http://www.albertahealthservices.ca/addictionhelp)

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

For more information or to  
schedule an appointment  
with an addictions  
counsellor call

**780-624-6151**

Outpatient services are  
voluntary, confidential, and  
free of charge.

