

Mental Wellbeing During Coronavirus/COVID-19

Toolbox Talk: Risk of Alcohol or Substance Use Relapse Rising with COVID-19

Note: Please maintain proper “physical distancing” of six feet or greater, in accordance with the CDC Social Distancing guidelines, while discussing this Safety and Mental Health Toolbox Talk.

Helping Employees and Family Members Find Online Recovery Meetings

COVID-19 has disrupted our work and family routines. COVID-19 has increased stress and anxiety even among those fortunate to be working. As stress levels have intensified, alcohol and substance use are reportedly rising significantly.

Approximately 10% of the United States adult population reports being in recovery for alcohol or substance use disorders. Many of these Americans regularly attend in-person recovery meetings for routine personal connections and fellowship. As physical/social distancing requirements banned group meetings of 10 or more, many recovery meetings were forced to stop meeting in person.

As COVID-19 disruptions continue, persons in recovery from alcohol and substance use disorders face increasing isolation and lack of group support. Many employers and labor union representatives are growing increasingly concerned about employees who are in recovery experiencing a relapse if they cannot find a connection to virtual or online recovery meetings.

Many recovery groups have had online/virtual meeting format before COVID-19. The popularity of online recovery meetings has grown during COVID-19. **Listed below are several of the major recovery groups facilitating online or virtual meetings:**

In the Rooms – Free online recovery app: <https://www.intherooms.com/home/>

- Offers 130 weekly online meetings compatible with all recovery methods/programs.
- Available for iPhone and Android format
- *Overview Guide:* <https://www.intherooms.com/home/how-can-in-the-rooms-help-me/>

Alcoholics Anonymous (AA):

- Homepage: <http://aa-intergroup.org/index.php>
- Online meeting directory: <http://aa-intergroup.org/directory.php>
- Email, chat, audio/video meeting options
- Meetings available in English, Spanish and other languages.



Narcotics Anonymous (NA):

- Homepage: <https://virtual-na.org/>
- Virtual/online meetings in American Sign Language; English; Spanish; French & German
- *Meeting Directory (takes up to 30 seconds to populate):* <https://virtual-na.org/meetings/>

SMART Recovery (Self-Management And Recovery Training):

- **Homepage:** <https://www.smartrecovery.org/>
- **Online Meeting Calendar:** <https://www.smartrecovery.org/community/calendar.php>
- *Registration required for the Smart Recovery Online (SROL) system:*
<https://www.smartrecovery.org/community/join.php>

Action Steps:

1. Remind employees regularly about your company's Employee Assistance Program (EAP) and the services available to employees and family members and dependents.
2. Share this information about online/virtual recovery meetings with your employees.
3. If you're a union contractor, share this information with your Union Stewards and/or local Business Agents assigned to your company.
4. Be sensitive that your company likely has persons in recovery for alcohol and substance use. Understand the unique challenges COVID-19 has created by cutting them off from their routine access to support in recovery groups.
5. Be supportive of those employees in recovery that may need help locating virtual or online recovery meetings.



Resources: Employee Mental Wellness & Suicide Prevention – For Employee & Family

Resources for Employees and Families

Crisis Text Line (Free; Confidential; 24-7/365 days)

USA: Text HOME to 741741
Canada: Text HOME to 686868
UK: Text HOME to 85258

National Suicide Prevention Lifeline (Free; Confidential; 24-7/365 days)

800-273-TALK (8255) – Press 1 for Veterans Crisis Line or Text to 838255
Spanish: 888-628-9454
Deaf/Hard of Hearing: TTY – Dial 800-799-4889
Lifeline Chat: <https://suicidepreventionlifeline.org/chat/>

Disaster Distress Line; Substance Abuse and Mental Health Services Administration (SMHSA)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Phone: English: 800-985-5990
Spanish: 1-800-985-5990 and press "2"
Text: English: TalkWithUs to 66746
Spanish: Hablanos to 66746

Alcoholics Anonymous:

English (<https://www.aa.org/>)

Spanish: Alcohólicos Anónimos ([https://www.aa.org/pages/es ES/what-is-aa](https://www.aa.org/pages/es_ES/what-is-aa))

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Al-Anon Family Groups:

English: (<https://al-anon.org/>)
Spanish: (<https://al-anon.org/es>)

For family members concerned about a family member's drinking.

FAQs: <https://al-anon.org/newcomers/faq/>



Now Matters Now (www.nowmattersnow.org)

“Lived experience” videos and resources to provide skills and support for coping with suicide thoughts.

Shatterproof: (<https://www.shatterproof.org/>)

A national nonprofit organization dedicated to reversing the addiction crisis in the United States.

12 Questions to ask Your Doctor Before Taking Opioids:

<https://www.shatterproof.org/sites/default/files/2018-06/12-Questions-Before-Taking-Opioids.pdf>

Prescription Medication Disposal Locations

**Controlled Substance Public Disposal Locations
(US Department of Justice; Drug Enforcement Administration)**

Search by Location:

<https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

Selected Walgreens Pharmacies Nationally

Search by Location:

<https://www.walgreens.com/storelocator/find.jsp?RxDisposal=true>

Teen Line Online: (<https://teenlineonline.org/>)

Open from 6pm to 10 pm Pacific Time, every night.

Phone: (800) TLC-TEEN (852-8336) (U.S. & Canada only)

Text TEEN to 839863

The JED Foundation: (<https://www.jedfoundation.org>)

A nonprofit that protects emotional health and prevents suicide for our nation’s teens and young adults. JED Foundation partners with high schools and colleges to strengthen their mental health, substance misuse, and suicide prevention programs and systems.

Mental Health Resource Center:

<https://www.jedfoundation.org/mental-health-resource-center/>