



Worried about alcohol or substance use during the coronavirus epidemic?

It's a scary time. Everything is different. Lots of things are stressful now:

- You have to stay home and not go out.
- You can't meet with friends
- You worry you'll get sick or get someone else sick.
- You can't meet in-person with counselors
- It's hard to get medical help because hospitals and clinics are so busy.
- You may have lost your job or be laid off.
- You may be worried about how much money and food you have.
- You may care for children at home all the time.
- You may have been unexpectedly released from jail.

These things can make you worry. You may think about using alcohol or another substance to feel better. But that could just make things worse.

Before you decide to use alcohol or another substance, talk free with a Recovery Coach: Call (608) 228-1278

What's a Recovery Coach?

A recovery coach is trained to help people with alcohol or other substance use disorders, including opioids. They are in long-term recovery from their own use and know what you are going through. They don't take the place of professional therapists. They serve as advocates, peers and confidantes.

Who is this helpline for?

It is for people who (1) have never used drugs or alcohol before, (2) are now going through treatment, (3) are in recovery after finishing treatment, (4) are currently regular users; (5) are concerned about a loved one's substance use.

How will a Recovery Coach help you?

They will listen to find out what you are going through. They can't change the situation but will talk about what you can do so things won't get worse. This is a free service.

What will coaches not do?

They will not judge you. They will not share information with law enforcement or immigration officials.

When are coaches available to talk?

Call day or night. They will ask about you and talk about how they can help. They may suggest you talk with a different coach who might be able to help better in your situation. Coaches represent all ages and include African Americans, Latinos or LGBTQ.

What else should you do now?

Get drugs and alcohol out of your home so you're not tempted. That includes prescription medicines no longer used. To safely get rid of medicines, go to <https://safercommunity.net/meddrop/>

Lock up medicines you need now to keep them safely stored. Call Safe Communities staff at 608-512-8328 to request a free medication lock box.

Fentanyl is here. If you're using heroin, cocaine or even pills, carry naloxone, go slow, and never use alone.

Who runs this helpline?

Safe Communities is a nonprofit coalition of over 350 organizations working together to save lives, prevent injury and make Dane County safer. Funding is provided by federal, local and foundation grants, project sponsors, memberships and individual donors

For more information visit: [SaferCommunity.net](https://safercommunity.net) or call (608) 441-3060

Thanks to our sponsors



Group Health Cooperative of SC WI and SSMHealth

For a complete list, including Safe Communities Sustaining Members, please visit www.safercommunity.net

24-7 Recovery Coaching Helpline
Call (608) 228-1278

If you're incarcerated,
Call toll free (888) 811-3689 ext 1

Email: referral@safercommunity.net