

RECOVERY SUPPORT DURING COVID-19



Here are some tips for side-stepping the addiction triggers by supporting recovery during social isolation and COVID-19 from NOMC Patient resources coordinator, **Nicole Rochat, LMSW**. Nicole is a Licensed Masters Social Worker and a Certified Integrative Health Coach. She is the NOMC&AF Patient Services Coordinator and loves all things New Orleans and music!

USE YOUR INNER STRENGTH, RESILIENCE AND COPING SKILLS

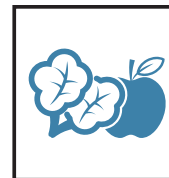
Never Forget that you were strong enough to recover, you are strong enough to survive the challenges of COVID-19.



Limit your media and social media intake of pandemic news coverage. Instead watch movies and TV shows that bring you joy.



Take a walk. Get fresh air. Move your body. Have a playlist of music that gives you pleasure.



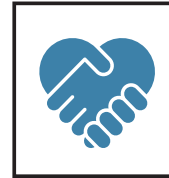
When possible, nourish your body, mind and spirit with fresh health foods.



Connect with your higher power if that helps you. Who/whatever that may be.



Manage stress through journaling, breathing, meditating. Whatever floats your boat AND nourishes you!



STAY CONNECTED! Social Distancing does not mean isolation. We are in this together!

HOW TO STAY CONNECTED

Continue to attend AA/NA meetings online. Many do not require internet access and have dial-in options.

Call your sponsor/counselor, and use the phone tree to keep in touch with others in your recovery community.

Reach out to a neighbor or friend.
Ask for help.

Use a smartphone to sign up for free APP service providing 24/7 recovery support and services!
addictionpolicy.org/connections-app

NEW ORLEANS RESOURCES FOR SUPPORT AND RECOVERY

MHSD CRISIS RESPONSE TEAM
CALL (504) 826-2675 | 24/7

VIA LINK | 24/7
2-I-I OR 504.269.COPE (2673)
CHAT AT [VIALINK.ORG/CHAT](https://vialink.org/chat)

AA
CALL (504) 838-3399 | 24/7
Meetings are being held over the phone and online nationwide. MANY online meetings also have dial-in numbers.

NA
CALL (504)-899-6262
NOANA.ORG
Meetings are being held every day of the week over the phone and online.

ODYSSEY HOUSE
CALL (504)-324-3710
Dial #1 for detox facilities
Dial #2 for the clinic
Dial #3 for outpatient treatment

NATIONAL RESOURCES FOR SUPPORT AND RECOVERY

NATIONAL SUICIDE PREVENTION LIFELINE (24/7)

CALL 1.800.273.8255
CHAT AT SUICIDEPREVENTIONLIFELINE.ORG/CHAT



**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

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