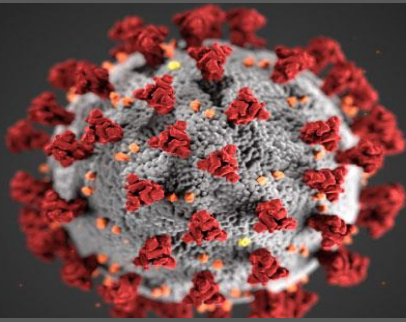


SUPPORTING STUDENT RECOVERY

COVID-19 RESOURCES



National Association of Addiction Treatment Providers

<https://www.naatp.org/covid-19-resources>

NIDA

<https://www.drugabuse.gov/related-topics/covid-19-resources>

AA Online Meetings

<https://www.aaonlinemeeting.net/>

Virtual NA

<https://virtual-na.org/>

Support for parents and caregivers

<https://drugfree.org/article/online-support-community-for-parents-caregivers/>

These are challenging times and for people in recovery or those who are struggling with substance use disorders or caring for those with a substance use disorder, it can feel overwhelming. Recovery is difficult but feeling isolated and not being able to go to meetings, connect with a support team, or keep your previous schedule can feel scary and triggering.

We are in unprecedented times and the risk of an overdose or use event is real and may be a daily fight for some. While so many are focused on their physical well-being, the mental and emotional struggles may be too much for some that rely on the comforting daily/weekly schedule of AA/NA meetings or connections with peer support and sponsors.

If you are feeling isolated or need help finding resources to support someone, here are some ways to get help during these isolating times. This is not a complete list so feel free to reach out to our office if you have questions, need specific resources, or need help getting connected to treatment programs. Siobhan Ryan Perry-ryanperrys1@nku.edu

The Office of Health, Counseling & Student Wellness is available by phone for consultation and remote support.

PH: 859-572-5650

Afterhours Emergency

859-572-7777

