

DAILY FLASH: OCTOBER 7, 2020

Mental Wellness—Mental Health and Substance Use— A Pandemic within a Pandemic

Jode's Story: <https://youtu.be/X3ChdKblu50>

20.2 million adults in the U.S. had a substance use disorder last year.

The COVID pandemic has caused issues for those who were seeking help or wanted to seek help. Guidance and treatment for substance abuse issues are heavily dependent on face to face meetings which have been canceled or suspended due to shutdowns and social distancing. Added stressors like fear of losing a job, unknowns about financial stability, and risk of infection have increased the rate of relapse among those in recovery. Social isolation fuels substance abuse.

How do you know if you or someone you care about might have an issue with substance abuse?

The Facts:

- 1 drink is considered: 12 ounces of beer, 8-9 ounces of malt liquor, 5 ounces of wine, 1.5 ounces of spirits like vodka and whiskey.
- For men, if you drink more than 4 drinks in a day, or more than 14 drinks in a week, you may be drinking too much.
- For women, if you drink more than 3 drinks a day, or more than 7 drinks a week, you may be drinking too much.
- Any use of illegal drugs is considered substance abuse.
- The use of prescription medication more than what a doctor prescribes, or if you obtain it through channels other than legal prescriptions is considered substance abuse. Certain medications prescribed for pain, or after surgery have powerful addictive qualities. Be sure to talk to your doctor about the risks of addiction if you are prescribed pain killers for a legitimate health issue.

Resources:

Help is available. You can get help in managing your drinking or substance abuse issues through the channels we discussed yesterday.

TALKSPACE: the EAP and the Health Advocate can all help in finding rehab facilities on both an inpatient and outpatient basis, or get you connected with a therapist or counselor who specializes in substance abuse.

Please take advantage of one of these resources if you think you need help.

Go to: www.talkspace.com/allanmyers. Allan Myers, your family, even your spouse won't ever know you contacted TalkSpace...it is completely confidential and private.

If you have a topic of interest that you would like to include on this daily communication, please contact Samantha Krebsbach at Samantha.Krebsbach@allanmyers.com.