

Substance Abuse Trends in Times of Crisis

What you need to know.

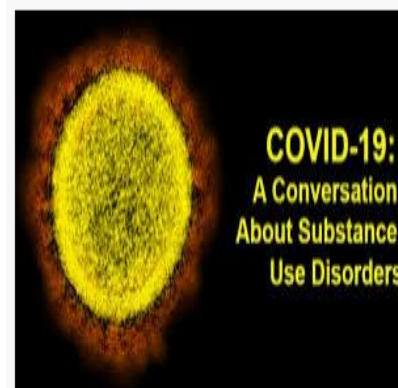
Substance use Under Covid Conditions

Substance use considerations during #COVID19



Common Reactions stress

- Denial, shock, numbness
- Feeling , unsafe
- Anxiety, panic, worry
- Difficulty concentrating
- Withdrawal, isolation
- Remembering other life traumas
- Headaches, fatigue, sleep disturbances
- Helplessness, hopelessness
- Sadness, crying, despair
- Irritability, anger
- Appetite changes



Substances include alcohol, cannabis and opioids stimulants and



Information for

General public awareness

- Substance use can increase your risk of acquiring COVID-19 infection.
- Due to shared objects (e.g. tableware, waterpipes for smoking, and syringes), and neglecting health protective measures like hand hygiene and physical distancing.
- People with substance use disorders are particularly having less immunity to COVID-19 infection.
- They have of co-morbid health conditions (e.g. mental disorders, HIV, TB, hepatitis, cardiovascular, liver, and respiratory and kidney diseases).
- Other risk factors, such as malnutrition, physical inactivity due to substance use.



- If any or your anyone close to you is using substance without knowing the harm it causes, get professional help to overcome the desire.

During anxiety, people might try to distract themselves by different ways.

They might repeatedly seek reassurance from friends, family or health experts. They might check news streams, hoping to calm their fears. Although these behaviors can help momentarily, they can make anxiety worse in the long run.

Do not use psychoactive and other substances because there is no evidence that they protect against **COVID-19**

- Practice tolerating

Uncertainty

- Get adequate sleep
- Exercise regularly,
- Practice mindfulness,
- Spend time in nature
- Use relaxation techniques when stressed.

Drugs are by no means a way of dealing with fear, anxiety, boredom or social isolation.



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