



# Recovery and isolation

## Isolation and relapse

During this time, you may be encouraged to reach out and gain strength and support from people you have met along your recovery journey.

As a result of COVID-19 it may be difficult without being able to attend "in person meetings", or even just catch up and have a yarn with your usual day to day crowd.

- Be aware of your triggers, it allows you to be in control of your emotions and the way that you feel.
- Know your support networks so that when you're feeling agitated or stressed, you are able to contact them.

## Stay Connected

Maintaining existing relationships or building new ones is important, especially at a time like this:

- Online 12 Step-Programs (AA, NA meetings) may be available.
- SMART Program online.
- Reach out online forums are always available.
- Ring and yarn to family or friends about how you're feeling.

Your local Aboriginal Health Service or Hospital may be able to connect you with your case workers, but if you are wanting to reach out in other ways, consider:

<b>Alcohol and Drug Information Service NSW (ADIS)</b>	<b>1800 250 015</b>
<b>Stimulant Treatment line</b>	<b>02 8382 1111</b>
<b>Family Drug Support</b>	<b>1300 368 186</b>
<b>Methadone Advice and Complaint Service (MACS)</b>	<b>1800 642 428</b>
<b>NUAA</b>	<b>(02) 8354 7343</b>
<b>Beyond Blue</b>	<b>1300 224 636</b>
<b>Lifeline</b>	<b>13 11 14</b>
<b>Kids Helpline</b>	<b>1800 551 800</b>
<b>Headspace</b>	<b>1800 650 890</b>

## No Phone or internet

If you have no phone or internet, get into contact with your usual caseworker to explore what options might be available for you. Face to face meetings or free telehealth calls might still be an option.

## Opioid Treatment Therapy

If you are in an Opioid Treatment program (OTP) and are unsure of how your OTP is going to be dosed to you during isolation, get in touch with your local AMS, hospital or chemist to find out if you are able to take it home.

It's important to acknowledge that if you are prescribed medication, it is matched to your needs, and is not to be shared amongst others.



### Coping Mechanism Tips

- Routine is always a way of filling your day and making it productive to keep your mind off other things.
- Write positive notes and stick them on your fridge to remind yourself that you can do this.
- Try to eat healthy food, and do exercises – staying physically healthy, will contribute to being mentally healthy.
- Try to make sure that you're getting enough sleep, as this will also contribute to good health and wellbeing.
- Remind yourself of why you became sober and be proud of what you have accomplished.
- If you are feeling anxious, stressed, worried, or just bored, try to remember that this is only temporary and find other coping strategies.

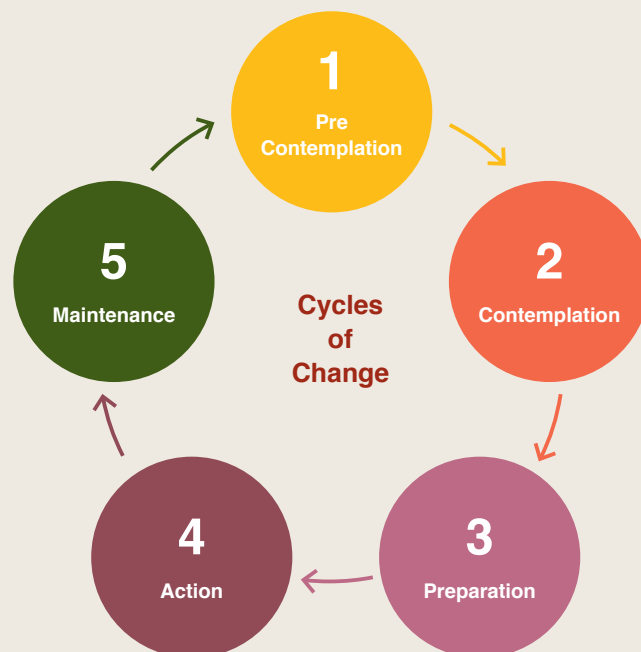
### Try to get out of your comfort zone

- Continue with or find a passion for painting, drawing or arts and crafts.
- Read a book that you've always wanted to.
- Write a rap/song that you sing in the shower, record it and be proud.
- Ochre yourself up and connect with your culture.
- Sit with yourself, connect with your mind, your body and your spirit.
- Breathe, it's only temporary.

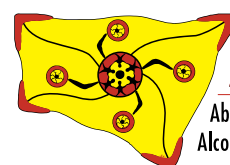
### Relapse does not make you weak

Relapse is a part of recovery, regardless of how long you have stayed sober. Don't think of it as a failure, think of it as a milestone within your recovery journey.

### Remember the cycles of change:



Aboriginal  
Health & Medical  
Research Council  
of NSW



**ADAN**  
Aboriginal Drug &  
Alcohol Network of NSW