

A black and white photograph of a hand holding a clear glass of water. The hand is in the foreground, and the glass is partially filled. A blue brushstroke-like graphic element is overlaid horizontally across the middle of the image, containing the main title text. The background is blurred, showing what appears to be a person's face in profile.

# COVID-RELATED ALCOHOL AND DRUG USE

A WAY FORWARD TOGETHER

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Stress from COVID-19 is causing many people to turn to alcohol and drugs. If you or a family member are exhibiting any of the following behavior, you may need to seek help.

- Frequent binge drinking
- Feeling cravings for alcohol, prescription medication, or opioids
- Experiencing poor work or school performance
- Avoiding important activities, interests, or hobbies
- Engaging in potentially dangerous activities after alcohol or drug use
- Constantly wondering if you have an alcohol and/or drug problem

The path for overcoming a serious alcohol or drug problem is through connection. Please call 2-1-1 for help, or contact a local counselor, social worker, or clergy member who can provide guidance to a treatment program near you.



**Public Health**  
Prevent. Promote. Protect.

**Frederick County Health Department**  
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Visit [awayforwardtogether.org](https://awayforwardtogether.org) for more tips on addressing COVID-related stress