

## **HC DrugFree is keeping Howard County *In the KNOW!!!***

### **Grieving is Complicated**

Most grieverers feel as if overdose deaths are somehow preventable. This can create an array of complicated emotions such as guilt, shame, blame, stigma, isolation, fear and anxiety. [Click here](#) to read more about why grieving an overdose death is so hard.

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### **Drugs of Abuse: DEA Resource Guide**

Drugs of Abuse, a Drug Enforcement Administration (DEA) resource guide, provides important information about the harm and consequences of drug use on the body and mind, overdose potential, origin, legal status, and other key facts. [Click here](#) to access the guide.

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### **Do Your Pants Still Fit?**

Use these healthy eating tips to keep your waistline in check, so that your work pants will still fit when you finally change out of your pajamas! [Click here](#) for more information.

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### **COVID-19's Other Casualties - Our Mental Health**

[Click here](#) to read more about long-term public health impacts from the coronavirus disease.

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### **6 Pages of Tips for Parents**

To help parents interact constructively with their children, these six one-page tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behavior, managing stress, and talking about COVID-19. [Click here](#) to access documents.

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### **Podcast: How the Coronavirus is Impacting the Most Vulnerable**

The University of Michigan School of Public Health released a podcast to explain how the coronavirus disease is impacting vulnerable populations. [Click here](#) to access the podcast.

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### **Drive-Thru Medication Take Back Event Postponed**

HC DrugFree's drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection will be rescheduled as soon as the Drug Enforcement Administration (DEA) releases a new date.

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### **Your Family's Drug Dealer**

Be sure to safely store or properly dispose of your prescription and over-the-counter medication. Don't be your family's drug dealer.

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### **Have You Given?**

Donate to HC DrugFree, so we can continue to educate youth and adults and serve our community. [Click here](#) to make your donation.

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## **RESOURCES BELOW**

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### **NEW: Virtual Recovery Resources (from SAMHSA)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) created an extensive list of recovery resources. [Click here](#) to view or print.

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### **Howard County COVID-19 Updates**

For Howard County Government and Health Department updates, go to <https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls>

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### **Need to Talk to Someone? Call 2-1-1, Press 1**

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).

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### **Sober Apps: Tools to Help Those in Recovery**

[Click here](#) for learn about technology available to help individuals maintain their recovery.

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### **Recovery and Wellness Support Resources for the COVID-19 Outbreak**

The Maryland Department of Health released recovery and wellness resources for the COVID-19 outbreak. [Click here](#) to download.

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### **Deaf and Hard of Hearing Addiction Services**

Deaf Addiction Services at Maryland (DASAM) is a statewide behavioral health treatment program for Deaf and Hard-of-Hearing individuals struggling with

alcohol and/or drugs. [Click here](#) for more information.

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## AA Meetings Online

Want to participate in an Alcoholics Anonymous meeting without leaving your home? Go to [www.aa-intergroup.org](http://www.aa-intergroup.org) for a directory of virtual meetings in different time zones, which are conducted by phone, email, video conference and 24-hour-a-day chat rooms.

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## Howard County Mental Health Services

The Behavioral Health Navigator can help link you to mental health or substance use services, refer you to treatment, and follow up to make sure you received the assistance you need. Visit [www.hchealth.org/gethelp](http://www.hchealth.org/gethelp) or call 410-313-6202 for more information. [Click here](#) to view or print Howard County Health Department services.

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## Gambling with Your Future

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

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## Resource Directories for Youth and Adults

Howard County has resource directories available to help you find treatment providers and other services. [Click here](#) for health services and [click here](#) for youth services.

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