



MANAGING RECOVERY IN ISOLATION

**Connect with
others through
online meetings
or phone calls.**



**Utilize telehealth
to meet with your
counselor, therapist
or doctor.**

**If you begin to lose hope or feel out of control,
call the SAMHSA National Helpline at
1-800-662-HELP or the National Suicide
Prevention Lifeline at 1-800-273-TALK.**