

SUBSTANCE USE



Helpful Tips

- **Make sure you take care of yourself.** Washing your hands helps your immunity. Getting enough sleep, eating right, and exercising gives your body the energy it needs to maintain abstinence from substance use or plans for harm reduction.
- **Download a recovery app on your smartphone.** Wherever you are in your journey -- whether you're in recovery, are looking for a 12-step program, or need other types of support, visit this [helpful site](#)
- **Find professional support.** If you find that you're really struggling, seek help from a mental health clinician with a focus on addiction in your community.
- **Be an ally.** Know what you can do to support those struggling with substance use, especially while facing a pandemic.

Resources for Consideration

- **Loyola Office of Student Support and Wellness Promotion:** Information and [resources](#) for smoking and vaping
- **Smoking Cessation Resources:**
 - Maryland State Quitline available at 1-800-QUIT-NOW
 - Smokingstopshere.com
 - Text2Quit.com
- **Online Intergroup of Alcoholics Anonymous:** A [worldwide database of more than 1,000 AA meetings](#) worldwide. Search time zone, language, meeting day and more
- **NA Recovery:** An [online space for narcotics anonymous](#). Find meeting schedules, NA literature, forums, and more.