

## COVID-19 crisis and predispositions to addiction

- The COVID-19 crisis may cause or exacerbate feelings of burdensome uncertainty. This, in turn, can result in an increasing consumption of alcohol, tranquillizers or other substances.  
**Piece of advice:** Find new strategies to encounter your worries and fears. Talk to other people about your problems.
- Many people feel lonely. Additionally, they do not know how spend time meaningfully when being by themselves. As a result, they more susceptible to substance abuse.  
**Piece of advice:** Get some distraction! Try something different or new! Get physical active! Read a book! Do some cooking! Maintain and cultivate your relationships to your friends and family members by giving them a phone call or by using digital devices!
- Getting some distraction might be significantly harder for people who experienced problems with alcohol or substance abuse in the past. Supportive events such as support groups do not take place anymore and people are on their own.  
**Piece of advice:** Usually, psychotherapeutic sessions still take place: in person, on the phone or online. Ask for alternative options or offers, contacting the psycho-therapist, staff in clinics or the head of support groups.
- Insomnia and somatoform burdens caused or exacerbated by the crisis can result in an increasing consumption of drugs. This, in turn, can lead to a long-term addiction.  
**Piece of advice:** Look for and explore different therapeutic measures in ordert o fight these problems. Talk to your physician! Document the amount and frequency of your drug consumption in a daily diary.

## Are you under the impression that you consume too much alcohol or other substance? Are you under the impression that you are addicted to these drugs?

- Document your drug consumption in a daily diary. In this way, you get an overview of your consumption. If you observe the need for alcohol at particular times or in stressful situations, be aware and careful by making a plan in advance. This plan says which activity you should pursue when observing the need for alcohol.
- Talk to other people about your problem and experience!
- Collect information! (<https://psychisch-sozial-gesund.de/home/psyche/sucht-und-alkoholmissbrauch>)
- Look for and accept professional help! Get in touch with institutions which offer counselling services specialized in addiction. Contact your family doctor! Dial 112 if you experience an emergency (overdose, danger to self or others)!

