60% more suspected overdose deaths during COVID-19 in Orange County compared to 2019

According to data submissions to the High Intensity Drug Trafficking Area (HIDTA) Overdose Detection Mapping Application Program (ODMAP) .

Stress during a pandemic can sometimes cause the following:

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances



THE ORANGE COUNTY CRISIS CENTER 24/7

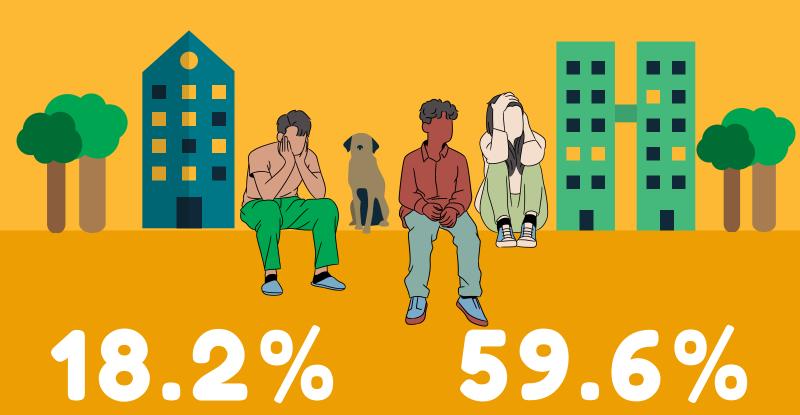
CALL 311

OR 1-800-832-1200
ORANGECOUNTYGOV.COM/616/MENTAL-HEALTH



OPIOIDS

An Epidemic During a Pandemic



INCREASE IN OVERDOSE DEATHS
FROM THE 12-MONTHS ENDING IN
JUNE 2019 TO THE 12-MONTHS
ENDING IN MAY 2020 IN THE UNITED
STATES (1).

INCREASE IN SUSPECTED OVERDOSE DEATHS FROM 2019 TO 2020 IN ORANGE COUNTY, NY (2).

APPROXIMATELY 81,230 DRUG OVERDOSE DEATHS OCCURRED IN THE UNITED STATES IN THE 12-MONTHS ENDING IN MAY 2020 (3).



Or call 1-800-832-1200

Sources:

- 1. Ahmad FB, Rossen LM, Sutton P. Provisional drug overdose death counts. National Center for Health Statistics. 2020.
- 2. For more information on the Overdose Detection Mapping Application Program (ODMAP), visit http://www.hidta.org/odmap/.
- 3. HAN Archive 00438. (2020, December 17). Retrieved from https://emergency.cdc.gov/han/2020/han00438.asp?cid=EPR-homepage

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Increased stress can lead to increases in alcohol and substance use.

If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, reach out for support and call 311.

MOST COMMON SYMPTOMS RELATED TO SUBSTANCE USE DISORDER:

WHO'S AT RISK FOR OVERDOSE:

- Intense cravings
- Tolerance
- Withdrawal symptoms
- Physical dependence
- Engaging in increasingly risky behaviors
- Financial trouble related to drug use
- Neglecting responsibilities
- Developing unhealthy relationships with those who support addiction
- Isolating behaviors
- Estranged or strained relationships with family and friends

- People in recovery
- People with an Opioid Use Disorder
- People with mental health or untreated psychiatric comorbidities
- People who have previous history of overdosing
- People recently released from inpatient hospitalization, inpatient substance abuse treatment, or jail
- People who have had a loved one die of COVID-19 or experienced a loss

WHAT TO DO:

CALL 311 or 1-800-832-1200
The Orange County Crisis
Call Center connects
people in need of support
24/7

GECO

ORANGECOUNTYGOV.COM/616/MENTAL-HEALTH

ORANGE COUNTY DEPARTMENT OF MENTAL HEALTH

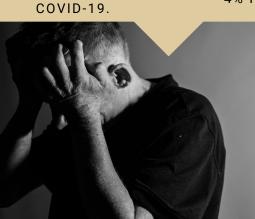
SUBSTANCE USE, SUICIDE, AND COVID-19

- Substance use is a risk factor for both fatal and nonfatal overdoses, suicide attempts, and death by suicide.
- Compared with the general population, individuals with alcohol dependence and persons who use drugs have a 10-14 times greater risk of death by suicide.
- Adults with mental health issues are up to twice as likely to die from severe COVID-19 than those without mental health issues.
- People who are addicted to drugs or other substances are more likely to contract COVID-19 and to be hospitalized or die from it.

The Orange County Crisis Call Center 24/7 orangecountygov.com/616/Mental-Health

OF U.S. ADULTS REPORTED SYMPTOMS OF DEPRESSION. ANXIETY, OR INCREASED SUBSTANCE USE DURING 10.7%

OF U.S. ADULTS REPORTED SUICIDAL **IDEATION IN THE PAST** 30 DAYS (COMPARED TO 4% IN 2018).



INCREASE IN NATIONAL SALES OF ALCOHOL FOR MARCH 2020, COMPARED TO MARCH 2019.

INCREASE IN NATIONAL ALCOHOL ONLINE SALES FROM 2019.

INCREASE IN 18.2% OVERDOSE DEATHS FROM JUNE 2019 TO MAY 2020 IN THE MAY 2020 IN THE UNITED STATES.



81,230

DRUG OVERDOSE DEATHS OCCURRED IN THE UNITED STATES IN THE 12-MONTHS ENDING IN MAY 2020.

Stress during an infectious disease outbreak can sometimes cause the following:

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances

The warning signs of suicide are indicators that a person may urgently need help:

- Talking about feeling hopeless or
- having no purpose
- Talking about being a burden to others • Withdrawing or feeling isolated
- Showing rage or talking about revenge
- Displaying extreme mood swings