

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



18.2%

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).

59.6%

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).

**IMPACTED BY
ADDICTION?**

HOPE

Starts Here

Dial 311

Orange County
Crisis Call Center



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>



SUBSTANCE USE AND COVID-19

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:

- 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



WHO'S AT RISK FOR OVERDOSE:

- 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

[ORANGECOUNTYGOV.COM/616/MENTAL-HEALTH](https://www.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.

CALL 311
OR 1-800-832-1200

The Orange County Crisis Call Center 24/7
[orangecountygov.com/616/Mental-Health](https://www.orangecountygov.com/616/Mental-Health)

40%

OF U.S. ADULTS
REPORTED SYMPTOMS
OF DEPRESSION,
ANXIETY, OR INCREASED
SUBSTANCE USE DURING
COVID-19.

10.7%

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



54%

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

262%

INCREASE IN
NATIONAL ALCOHOL
ONLINE SALES FROM
2019.

18.2%

INCREASE IN
OVERDOSE DEATHS
FROM JUNE 2019 TO
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