



## How do I support a loved one in recovery during this time?

If you have a loved one in recovery, it's important to recognize that their treatment and recovery program is probably significantly disrupted by the COVID-19 crisis. Here are some suggestions for providing support to them:

1. Check-in with them about how their personal recovery program is impacted by the current crisis. Express your support for them continuing to prioritize their recovery and assist them if needed in finding meeting and counseling alternatives.
2. Given everyone's work and family schedules have changed, help them carve out specific time each day to focus on their recovery.
3. Ensure they have access to a computer and/or phone in order to access virtual and telephonic recovery support meetings or their Outpatient Treatment Program.
4. If less computer savvy, help them identify review the resources available on Oregon Recovers website and help them access virtual meetings on their phone or computer.
5. Recognizing the importance of exercise and nutrition, cook them a healthy meal and/or invite them on a bike ride or neighborhood hike.
6. Ask them about their recovery while spending time with them.