

## COVID-19 INFO & RESOURCES FOR NADA MEMBERS

### **Harm Reduction information for people using drugs** (e.g. injecting, smoking, etc.)

NUAA has developed a [fact sheet on COVID-19](#) and harm reduction measures for people using drugs. It can be printed out for display and given directly to your clients where relevant. It has some very practical tips.

### **Smart Recovery, NA and AA provide online meetings**

Clients can access mutual support and recovery meetings via computer, mobile phone or landline to link in with peers and ongoing support networks. There has been a significant increase in online sessions for these groups since COVID-19 and all clients are encouraged to engage regardless of age, gender, ethnicity or other diversity of needs.

- Join SMART Recovery online meetings via [Smart Recovery Online Meetings](#) or call (02) 9373 5100 for more information
- Join Narcotics Anonymous (NA) online meetings via [NA online meetings](#) or call 1300 652 820 for more information
- Join Alcohol Anonymous (AA) online meetings via [AA online meetings](#) or call 1300 222 222 for more information

### **24/7 Telephone support** (for professional advice and/or client support)

- [Stimulant Treatment Line](#)  
Call (02) 9361 8088 (Sydney Metropolitan)  
Or 1800 101 188 (Regional/Rural NSW, Free call)
- [Alcohol and Drug Information Services \(ADIS\)](#)  
Call 1800 250 015 (Free call)  
Or (02) 9361 8000 (Sydney Metropolitan)  
Or 1800 422 599 (Regional/Rural NSW, Free call)
- [Lifeline](#)  
Call 13 11 44
- [Mental Health Line](#) (for referral advice, support and information)  
Call 1800 011 511

### **Managing mental health during COVID-19**

Information to assist you, your workers, family, children, and/or clients that you are supporting to manage anxiety and other mental health issues in relation to COVID-19 is available here:

- [Australian Psychological Society \(APS\)](#)  
*Tips for coping with coronavirus anxiety* – [Fact sheet](#)  
*Managing your mental health during social isolation* – [Fact sheet](#)
- [Beyond Blue](#)  
*Looking after your mental health during the coronavirus outbreak* – [Webpage](#)

➤ [Coronavirus Sanity Guide](#)

This website has some good information, resources, meditations, talks, etc. that may be useful to you and your colleagues, family, clients, etc.

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Moving forward –

- The [NADA webpage on COVID-19](#) will be continuously updated with accurate information from NSW Health and the Ministry of Health.
- NADA will be seeking to coordinate ongoing opportunities for members to stay connected, talk with and support each other, and share information and service developments.
- NADA will also be presenting a series of webinars in the upcoming months with a particular focus on working/consulting online and other COVID-19-specific topics.
- We are also in the process of gathering information on quality eLearning and other online professional development options for NADA members and frontline workers to pursue in times when face-to-face client service numbers are reduced.

In the meantime, if there is any other support and/or information that NADA can provide to you and your team at this challenging time, please contact us at any time. Take care and stay safe.

Kind regards,

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