Understan

isolation, consider something else to replace that, like going for a run, calling a friend, or connecting with a new online community.

Do you have any tips or suggestions that you have found to helpful when using substances while on break? If so, send them to <u>yasmeen.nosshi@ucalgary.ca</u>

For some more information visit our safer substance use page.

If you or someone you know is struggling with substance use, contact the UCalgary Harm Reduction Support Advisor <u>yasmeen.nosshi@ucalgary.ca</u>, or contact the Alberta Health Services Addiction Helpline at 1-866-332-2322.

References

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