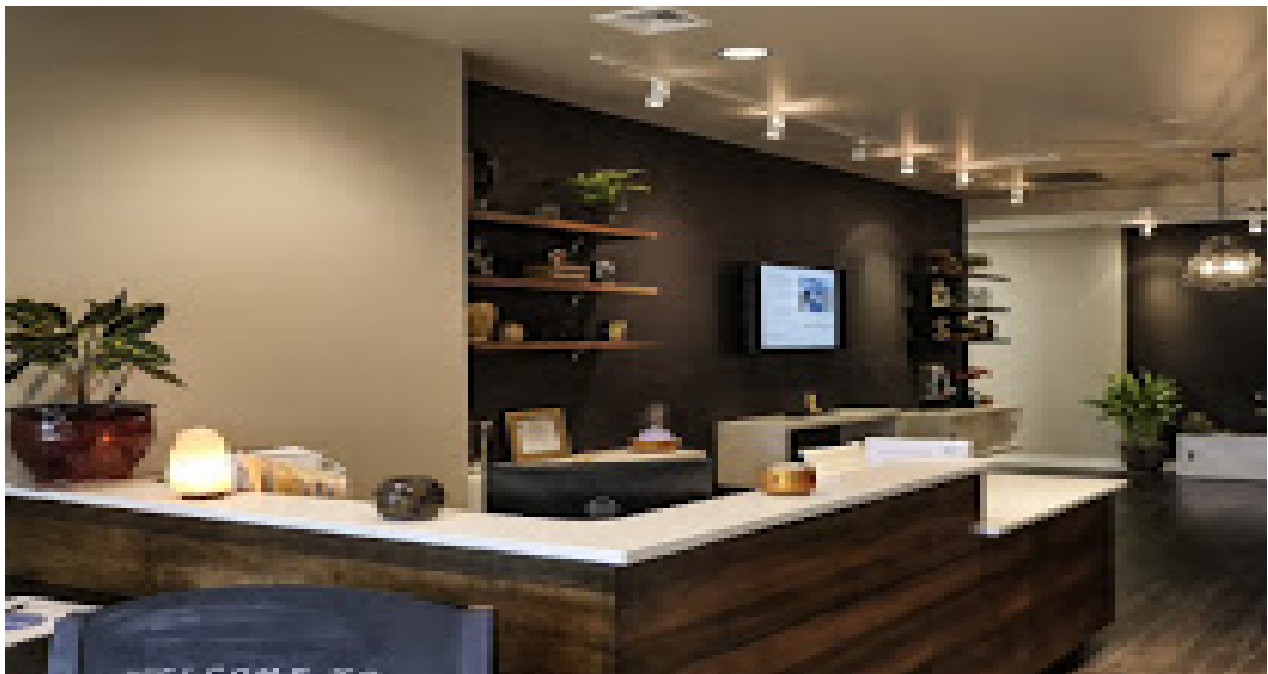




Legacy Healing Center in Cherry Hill, NJ Reports that Drug and Alcohol Addiction are on the Rise in the COVID-19 Pandemic

April 20, 2021

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Cherry Hill, NJ - Since the start of the COVID-19 pandemic, 57% of Americans reported an increase in substance abuse, with the largest increase in people between the ages of 35 to 44 years old, according to a recent study. Read more info on Legacy's blog at <https://www.legacyhealing.com/covid-19-pandemic-on-addiction-and-mental-health/>

The Coronavirus pandemic has affected millions of people over the past year who have suffered hardships from things like losing loved ones, unemployment, under-employment, and the stresses of working from home while caring for children. According to the CDC, 13% of Americans reported starting or increasing substance use as a way of coping with the stress associated with COVID-19 as of June 2020. They also found an 18% increase in nationwide overdoses.

A recent survey asked 1,000 adults about their drug and alcohol use in the previous month and found alcohol

was the most used substance followed by marijuana and then prescription opioids. Other substances included benzodiazepines, prescription stimulants, and cocaine. Additionally, 55% of those surveyed reported an increase in alcohol consumption and 18% reported a significant increase. 36% reported an increase in illicit drug use.

Part of the survey also asked people why they were inclined to use substances in the last month and over half said were trying to deal with stress. Other reasons were to ease boredom, to cope with mental health symptoms, such as anxiety or depression, for recreational reasons, to treat pain, or because it was part of their daily routine, for example, they were having a drink with dinner.

The survey results show that many people are turning to alcohol and drugs to deal with the stressors associated with the COVID-19 pandemic. Self-medicating to cope with stress, boredom, and mental health issues can lead to a substance use disorder if the habit continues. Co-occurring mental health and substance use disorders are extremely common.

During these times, it's clear that good-quality addiction recovery and support services are more important than ever. Rehab facilities like Legacy Healing Center with multiple locations in South Florida and New Jersey, offer effective resources and tools to help when drugs and alcohol have become an issue. Some other options that are available are recovery support groups, that have moved online for extra care, and telehealth services from therapists and doctors to help guide patients.

Legacy Healing Center in Cherry Hill, NJ has taken precautions by adopting CDC protocols such as temperature checks, testing for the virus, mask-wearing, and thorough sanitizing in order to protect their patients. They want to assure those struggling with addiction that they will be safe to seek treatment right away and not to wait until the pandemic is over. The sooner an individual gets help for substance abuse, the better their chances are for recovery.

They also offer multiple tiers of care, depending on the needs of each individual, ranging from detox to full inpatient care to a highly flexible outpatient program. Their holistic approach to dealing with addiction aims to heal the whole person, body, mind, and spirit. This includes treating underlying issues that may have led to substance abuse, such as mental health disorders. Legacy Healing Center also seeks to make certain that all patients who want long-term sobriety leave with coping skills needed to navigate challenging situations, such as the pandemic, without turning to drugs or alcohol.

For those who are struggling or have a loved one that is having issues with substance use, please give the caring staff at Legacy Healing Center today at (888) 534-2295.

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For more information about Legacy Healing Center Cherry Hill, contact the company here: Legacy Healing Center Cherry Hill Travis Benfaida (856) 263-4965 info@legacyhealing.com 800 Kings Hwy N suite 100, Cherry Hill, NJ 08034

Legacy Healing Center Cherry Hill

Addiction Treatment Center in Cherry Hill, New Jersey. Alcohol & drug rehab that is done with the whole person in mind. Call Legacy Healing Center.

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