

C.O.B.R.A

City of Bristol Recovery Alliance

“Working together to fight for recovery.”

As the community fights to respond to the current COVID 19 crisis, the COBRA team wants you to know that we are here for you.

Isolation, financial stress, medical issues, food and job insecurity are just a few of the things that can lead to increased depression, self doubt, substance misuse and an overall desperation to take control in whatever way possible. When feeling this way know that you are not alone, that this is temporary and that *we will all get through this.*

One of the amazing aspects of this crisis are all of the online and audio resources that have come to light. A few of them are listed below however you can always call 211 or visit 211.org for more information:

-Never Use Alone: 800-484-3731 <http://neverusealone.com/>

-Online Meetings: <https://www.12step.org/social/online-meetings/>, <https://www.na.org/>

-Suicide Prevention Lifeline 1-800-273-8255, <https://suicidepreventionlifeline.org/>

“Just because you are struggling, it does not mean that you are failing.” -unknown

For more information, on COBRA or other resources, please contact your agency administrator or Lisa Coates, LCSW at (860) 583-5858 or LCoates@bristolhospital.org.



*To protect and serve the community
with integrity and professionalism*