

## Soundbite Script – Drinking the COVID Blues Away

**Loni Nolte, Behavioral Health Provider, OSF HealthCare**

“More often than not a woman gets very quiet when she’s upset. They pull in within themselves. They are less demonstrative, they isolate, they get heavier in their thoughts like, ‘I’m not doing something right,’ and like anyone, we’re going to have to find a way to relieve that. And if you don’t have healthy support systems or coping mechanisms in place, you’re going to go to something that is well known. You turn on most shows on TV and there is drinking. It’s very acceptable.”

**Loni Nolte, Behavioral Health Provider, OSF HealthCare**

“If someone tells me they’re drinking every night of the week, I’m concerned. I don’t like anyone to be that dependent on anything. We need variety to keep us stimulated and balanced. Definitely frequency. I look for how much they’re drinking. If it’s a little bit versus I’m finishing the bottle or I don’t know how many or I’m hiding. Secrets lead to all kinds of other issues. If we’re hiding we’re not being honest with ourselves or the people who can help us and that’s important.”

**Loni Nolte, Behavioral Health Provider, OSF HealthCare**

“When you’re avoiding things or when you’re not able to make it through the day or find yourself sick, when you’re hiding, when there are legal consequences or consequences at work – all of those are big signs that we need to pay attention to. Alcoholism is a really dangerous disease. It impacts not just the person but also their family. It can be very chronic.”

**Loni Nolte, Behavioral Health Provider, OSF HealthCare**

“This is a real problem. It can happen to anyone. It’s important to not look at this as a source of shame. Understand that many times when people are turning to alcohol or some other substance, they are trying desperately to fix themselves; they’re just not making a good choice so it’s important to find help where it may come from – a trusted friend, an expert. Get the help you need so this becomes a blip on the radar, a small setback, and you can move forward with your life, with your future.”