

THE LIFELINE

November 2020 - Hope, Help & Healing for Everyone Affected by Addiction.

UNBEARABLE SOCIAL DISTANCING: LEA'S STORY

Loneliness.

It can break a person.

Maybe that's why solitary confinement is such a terrifying punishment.

I was never alone, but I was always alone.

I grew up in a large family, surrounded by love. I married and had children. For years, I hid my substance abuse.

I think the alcohol took control of my life when my oldest child moved to Israel.

Everything went downhill from there. Within a couple of months I got divorced and my other child moved to Laval with her boyfriend.

This was 8 years ago and it was my rock bottom.

Somehow I was given Chabad Lifeline's number and they helped me get into recovery.

Chabad Lifeline was the first place I ever felt connected. It was a feeling that was foreign to me. It's a feeling of peace. A feeling of serenity.

Life resumed. On occasion, I'd speak to my Chabad Lifeline "family," just to keep in touch with the staff who helped me.

When the current Coronavirus crisis began, I got a call from Chabad Lifeline. I was fine at the time. Or so I thought.

Over the last months, I regressed. The feelings of connection, of serenity, diminished.

The choking loneliness returned.

Finally, I broke.



I had a drink.

My first drink in 8 years.

The warmth of the fluid spread through my body, drowning the feelings of isolation.

And then, a moment of clarity. A moment of panic.

I cannot go through this again.

I called Chabad Lifeline. I asked for help.

One phone call may have saved my life. I'm back in recovery now, healing. Finding serenity.

Connecting.

If you're out there during this Coronavirus outbreak, and the isolation is suffocating, and you're thinking of finding peace through your addiction, stop.

Chabad Lifeline is waiting for your call. They are ready to help you. Right now. Like immediately.

Give them a call. 514-738-7700. You'll find serenity. You'll find peace.

Please note: names and certain identifying details have been changed to protect anonymity.

info@ChabadLifeline.com. 514-738-7700. www.ChabadLifeline.com



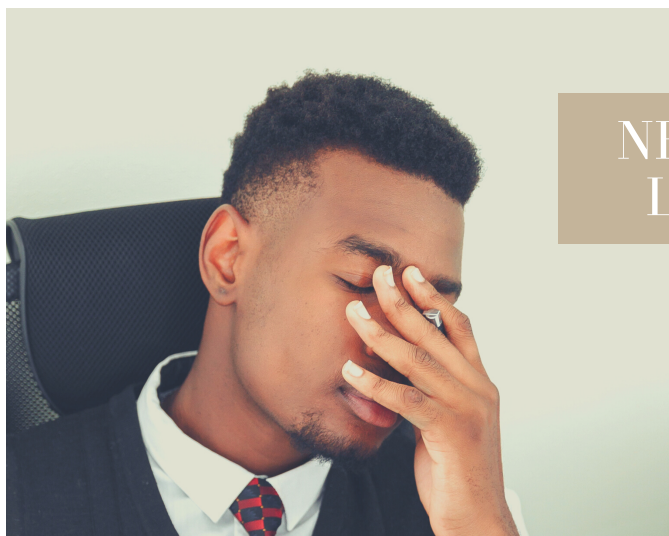
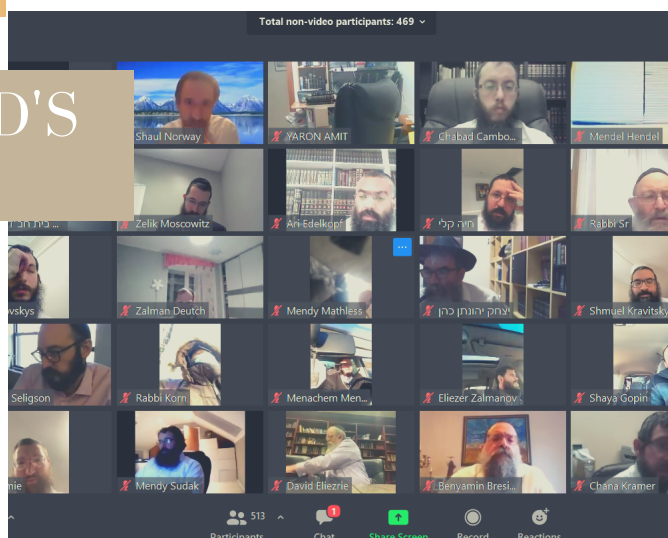
RUTH WEINBERGER SHARES MEMORIES AS SHE RETIRES

On September 11, 2001, terrorists from Al Qaida hijacked airplanes and carried out the deadliest attack in United States history, changing the world forever. At the time, Ruth Weinberger was pursuing a career in the textiles industry. As she watched the Twin Towers collapse, she resolved to use all her power to...

Continue reading on our blog or at <https://bit.ly/33BVTli>

LIFELINE AT WORLD'S LONGEST ZOOM

Chabad Lifeline staff joined and spoke at the world record longest Zoom meeting, which lasted over 133 hours and included rabbis from across the globe! Read more about it on our blog at <https://bit.ly/2JAGBpR>



NEW VIDEO: HOW TO USE LIFELINE YOUTH CHAT

During this pandemic, youth affected by addiction are struggling, which is why we created an online youth chat website, which now contains a video detailing how to use the chat. Watch it at <https://youtu.be/AtRzhd2B8Jg>