

SUBSTANCE USE FOLLOWING THE COVID-19 PANDEMIC

Study authors:
Steve Lu; Hoda Seen; James Fraser; Joy C MacDermid



Substance refers to:
caffeine, cigarettes, alcohol, and recreational drugs



**PEOPLE WHO WERE MARRIED,
DIVORCED, OR WIDOWED USED
MORE CAFFEINE AND ALCOHOL
DURING THE PANDEMIC.**



**PEOPLE WHO WERE EMPLOYED HAD
A GREATER INCREASE IN CAFFEINE
AND CIGARETTE USE DURING THE
PANDEMIC.**



**SUBSTANCE USE LEVELS AFTER
THE PANDEMIC WERE RELATED TO
THE LEVELS OF USE PRIOR TO THE
PANDEMIC.**



**THERE WAS NO CHANGE IN
SUBSTANCE USE DURING THE
PANDEMIC IN MORE THAN 50% OF
PEOPLE.**

For a list of mental health services in Ontario, please visit:
WWW.ONTARIO.CA/PAGE/FIND-MENTAL-HEALTH-SUPPORT

