

COVID-19, ALCOHOL and CANNABIS USE

During COVID-19, increased use of alcohol and cannabis may be due to:



Feeling stress and anxiety from the pandemic and money problems.



Feelings of social isolation and loneliness due to physical distancing.



Blurring of weekly and daily routines because of so many changes.



More alcohol and cannabis in the home from stocking up.



Excessive or high-risk [cannabis](#) and [alcohol](#) use can weaken your immune system and make you more susceptible to COVID-19 and other illnesses.

Where to get help:

Canadian Mental Health Association — Kirkland Lake: 705.567.9596 | Temiskaming Shores: 705.647.4444

- Addiction counselling

Northern Treatment Centre — Kirkland Lake: 705.567.7778

Northwood Recovery Clinic — Haileybury: 705.672.1044

- Immediate treatment options, methadone, suboxone, addiction counselling, First Nations medicine and counselling, psychiatry, Ontario Works and Child Protective Services support

Timiskaming Crisis Response: 1.888.665.8888

Connex Ontario: 1.866.531.2600 | online chat also available at www.connexontario.ca

Kids Help Phone: 1.800.668.6868 | Text: CONNECT to 68686

LGBT Youth Line: 1.800.268.9688 | Text 647.694.4275

Good2Talk Post-Secondary Student Helpline: 1.866.925.5454 | text GOOD2TALKON to 686868

Trans Lifeline: 1.877.330.6366

