

Substance Abuse and the COVID-19 Pandemic

Since the beginning of the COVID-19 pandemic, public health officials have warned of the potential negative mental health effects the pandemic may have on individuals. As the pandemic continues, worrying statistics about the pandemic's effects on substance abuse and mental health are emerging:



According to the [Centers for Disease Control and Prevention](#), **40%** of U.S. adults reported struggling with mental health or substance abuse during late June 2020.

[Nielsen](#) found that alcohol sales have grown by **27%** since March 7, 2020.

[Millennium Health](#), a national lab service, analyzed 500,000 urine drug tests from mid-March through May of this year and found:

A **32%** increase in tests for nonprescribed fentanyl

A **20%** increase in tests for methamphetamine

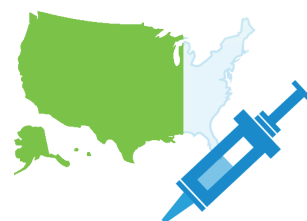
A **10%** increase in tests for cocaine



The [University of Baltimore's](#) national tracking system saw an **18%** increase in suspected drug overdoses from mid-March through May of this year.



The [National Institute of Environmental Health Sciences](#) reported a **1,000%** increase in emotional distress reported to emergency hotlines during the pandemic.



According to the [American Medical Association](#), more than **35 states** have reported increases in opioid-related deaths so far in 2020.

As the pandemic continues, it's important to prioritize your mental health and to check in on loved ones too.

If you or a loved one is struggling with mental health or substance abuse during these difficult times, you're not alone. Please reach out to a mental health professional or use SAMHSA's National Helpline by calling 800-662-HELP (4357).

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