

# YOUTH AND SUBSTANCE USE DURING COVID-19

*The decrease in the mental health of youth during COVID-19 has caused an increase in substance use. Given the limitations of services and increased isolation during COVID-19, focus on mental health and harm reduction methods over enforcing sobriety.*



## **Start the Conversation:**

Have a discussion rather than a lecture.



## **Stay Connected & Check In:**

Show genuine interest in how the youth is feeling. Do not only discuss substance use, the situation may be different than it appears.



## **Set Goals Together:**

Revisit and revise unsuccessful goals. Youth are natural risk takers, mistakes and experimentation will happen.



## **Seek Healthy Outlets:**

Set an example for the youth through practicing healthy coping mechanisms and self-care..



## **Seek Support:**

One person may not have all the answers. Seek confidential support from others if needed.

*Set a good example, model good decision-making and behaviour.*