



Coronavirus (COVID-19)

Home // Coronavirus (COVID-19) // The Implications of COVID-19 for Mental Health and Substance Use

The Implications of COVID-19 for Mental Health and Substance Use

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[ISSUE BRIEF](#) | [ENDNOTES](#)

The COVID-19 pandemic and resulting economic downturn have negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. In a recent [KFF poll](#), nearly half (45%) of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the virus. As the pandemic wears on, it is likely the mental health burden will increase as measures taken to slow the spread of the virus, such as social distancing, business and school closures, and shelter-in-place orders, lead to greater isolation and potential financial distress. Though necessary to prevent loss of life due to COVID-19, these public health measures expose many people to experiencing situations that are linked to poor mental health outcomes, such as [isolation](#) and [job loss](#). Additionally, feelings of [anxiety](#) are increasingly common, as people are fearful of themselves or loved ones falling ill and are uncertain of the repercussions of the pandemic.