

Substance Use

RESOURCES FOR OLDER ADULTS

WHEN IT'S MORE THAN JUST A DRINK

Older adults have an increased vulnerability to the effects of alcohol and drugs, and they experience more harm associated with them compared to younger adults. Even drugs you've used your whole life can affect you differently as you age. Up to 21% of older adults have a substance use disorder. Help is available!

LEARN MORE ABOUT SUBSTANCE USE IN OLDER ADULTS

CCSMH has the information you need to understand your substance use, and to know when to seek help. Visit our website to learn more and take action today:

- [Alcohol](#)
- [Cannabis](#)
- [Benzodiazepines](#)
- [Opioids](#)

RESOURCES

- [Get help with substance use](#): A list of substance use programs across Canada.
- [Canadian Mental Health Association](#): CMHA offers mental health support across Canada
- [Guide to Cannabis for Older Adults](#)
- [Download the CCSMH mocktail recipe cards](#): Enjoy zero proof drink recipes at home or your next social gathering.
- Learn more about [benzodiazepine use](#).
- Learn more about [opioids use](#).



INFORMATION FOR HEALTH CARE PROFESSIONALS

- Read the clinical guidelines for [alcohol](#), [cannabis](#), [benzodiazepines](#) and [opioids](#).
- Discover the [Cannabis and Older Adults Clinician Toolkit](#).
- Register today for the free [Cannabis eLearning Modules](#).



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