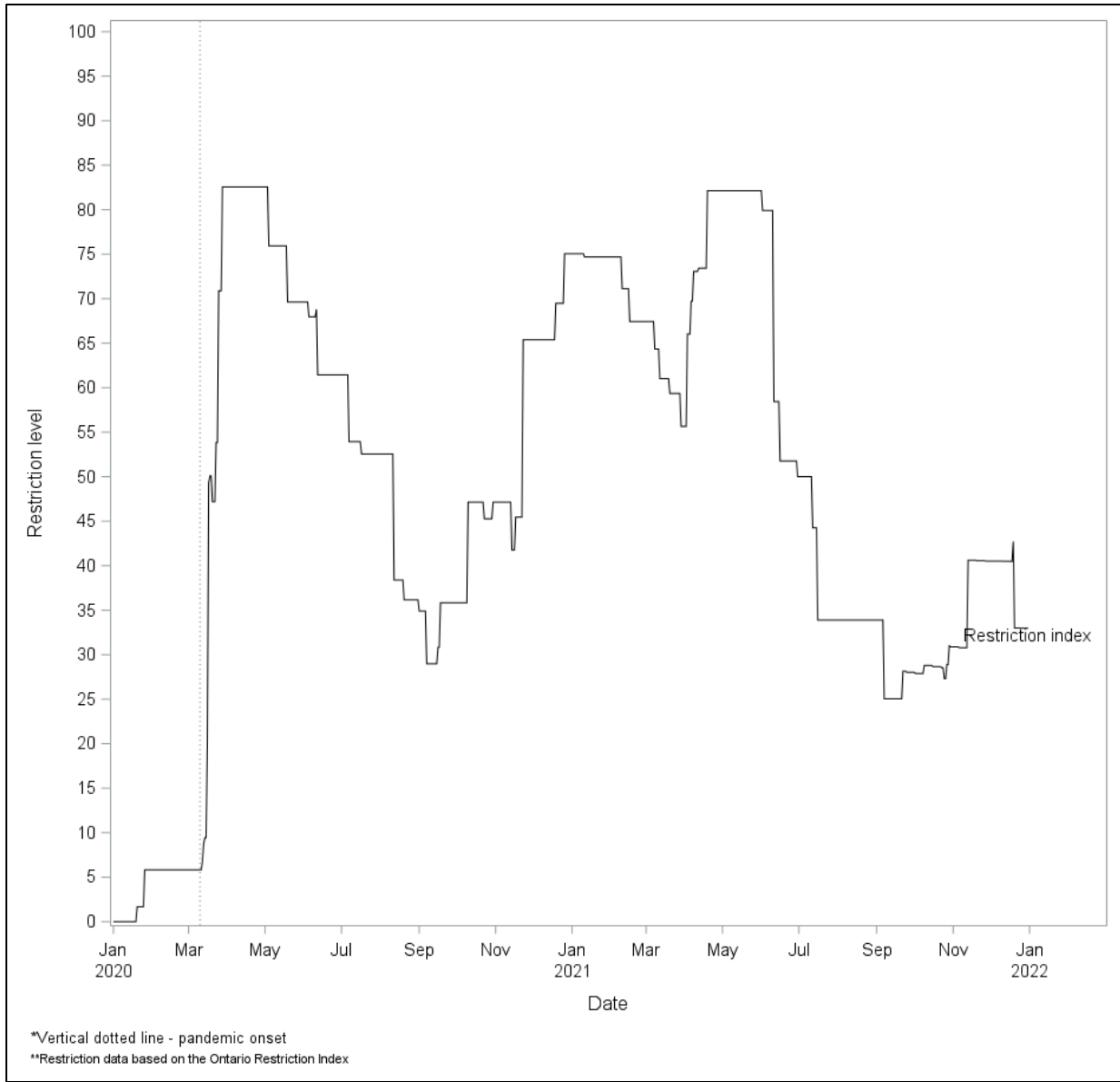


Supplemental Figure 1: Ontario Pandemic-Related Restrictions Timeline:



Supplemental Table 1: Proportion of all in-person and virtual mental health outpatient visits during the study period

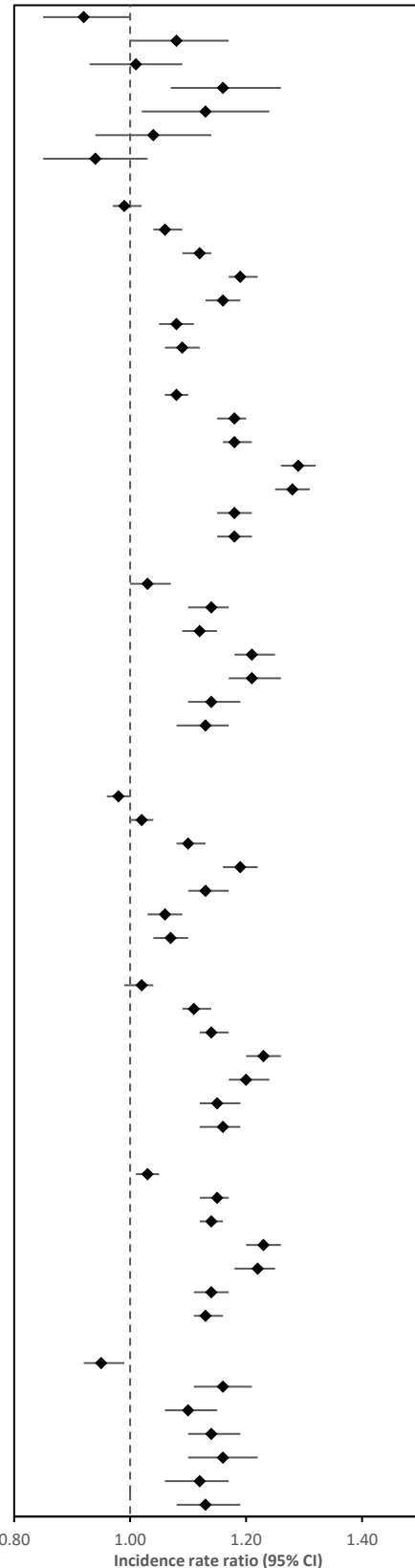
Cohort	Date (quarters)	In-person		Virtual		Total
		N	(%)	N	(%)	N
Birthing parents with younger children (0-5 years of age)	Q1 2016	105,992	91.6%	9,669	8.4%	115,661
	Q2 2016	99,917	90.9%	10,017	9.1%	109,934
	Q3 2016	104,600	91.3%	9,922	8.7%	114,522
	Q4 2016	98,073	90.6%	10,166	9.4%	108,239
	Q1 2017	106,553	90.9%	10,712	9.1%	117,265
	Q2 2017	100,669	90.2%	10,944	9.8%	111,613
	Q3 2017	105,927	90.5%	11,135	9.5%	117,062
	Q4 2017	94,917	89.7%	10,949	10.3%	105,866
	Q1 2018	104,228	89.8%	11,803	10.2%	116,031
	Q2 2018	98,556	89.3%	11,798	10.7%	110,354
	Q3 2018	103,697	89.5%	12,157	10.5%	115,854
	Q4 2018	91,551	88.2%	12,211	11.8%	103,762
	Q1 2019	101,591	88.7%	13,005	11.3%	114,596
	Q2 2019	93,798	88.0%	12,845	12.0%	106,643
	Q3 2019	100,830	88.7%	12,795	11.3%	113,625
	Q4 2019	91,323	87.1%	13,497	12.9%	104,820
	Q1 2020	32,397	27.2%	86,758	72.8%	119,155
	Q2 2020	28,144	22.9%	94,599	77.1%	122,743
	Q3 2020	33,195	25.5%	96,835	74.5%	130,030
	Q4 2020	27,888	21.5%	101,590	78.5%	129,478
Q1 2021	30,105	22.1%	106,358	77.9%	136,463	
Q2 2021	30,705	26.3%	86,179	73.7%	116,884	
Q3 2021	36,605	30.8%	82,182	69.2%	118,787	
Birthing parents with school-aged children (6-12 years of age)	Q1 2016	122,322	92.1%	10,553	7.9%	132,875
	Q2 2016	112,402	91.0%	11,132	9.0%	123,534
	Q3 2016	121,511	91.5%	11,249	8.5%	132,760
	Q4 2016	112,551	90.6%	11,704	9.4%	124,255
	Q1 2017	123,728	91.0%	12,183	9.0%	135,911
	Q2 2017	114,650	90.2%	12,401	9.8%	127,051
	Q3 2017	122,842	90.5%	12,873	9.5%	135,715
	Q4 2017	109,260	89.8%	12,470	10.2%	121,730
	Q1 2018	121,603	89.7%	13,982	10.3%	135,585
	Q2 2018	111,703	88.9%	13,969	11.1%	125,672
	Q3 2018	119,739	89.2%	14,515	10.8%	134,254
	Q4 2018	105,981	87.8%	14,780	12.2%	120,761
	Q1 2019	120,439	88.3%	15,978	11.7%	136,417
	Q2 2019	107,964	86.9%	16,313	13.1%	124,277
	Q3 2019	118,330	87.9%	16,308	12.1%	134,638
	Q4 2019	107,254	85.9%	17,546	14.1%	124,800
	Q1 2020	37,237	27.3%	99,095	72.7%	136,332
	Q2 2020	31,174	22.5%	107,646	77.5%	138,820
	Q3 2020	37,412	24.9%	112,675	75.1%	150,087
	Q4 2020	30,608	20.8%	116,673	79.2%	147,281
Q1 2021	34,119	21.6%	124,056	78.4%	158,175	
Q2 2021	35,834	25.9%	102,639	74.1%	138,473	
Q3 2021	45,185	30.6%	102,509	69.4%	147,694	

Supplemental Table 2: OHIP Service and Diagnostic Codes:

Study Outcome Categories	OHIP Diagnostic Codes for Outcomes	Individual Codes and Their Description	
Mood and Anxiety Disorders	OHIP DXCODES: 296, 300, 311	296	Bipolar Disorder
		300	Anxiety and related disorders
		311	Depressive or other non-psychotic disorders
Other non-psychotic and other disorders	OHIP DXCODES: 301, 302, 306, 309	301	Personality Disorder
		302	Sexual deviations
		306	Psychosomatic illness
		309	Adjustment reaction
Alcohol/substance abuse disorder	OHIP DXCODES: 303, 304	303	Alcoholism
		304	Drug dependence
Social Problems	OHIP DXCODES: 897, 898, 899, 900, 901, 902, 904, 905, 906, 909	897	Economic problems
		898	Marital difficulties
		899	Parent-child problems
		900	Problems with aged parents or in-laws
		901	Family disruption/divorce
		902	Education problems
		904	Social maladjustment
		905	Occupational problems
		906	Legal problems
909	Other problems of social adjustment		

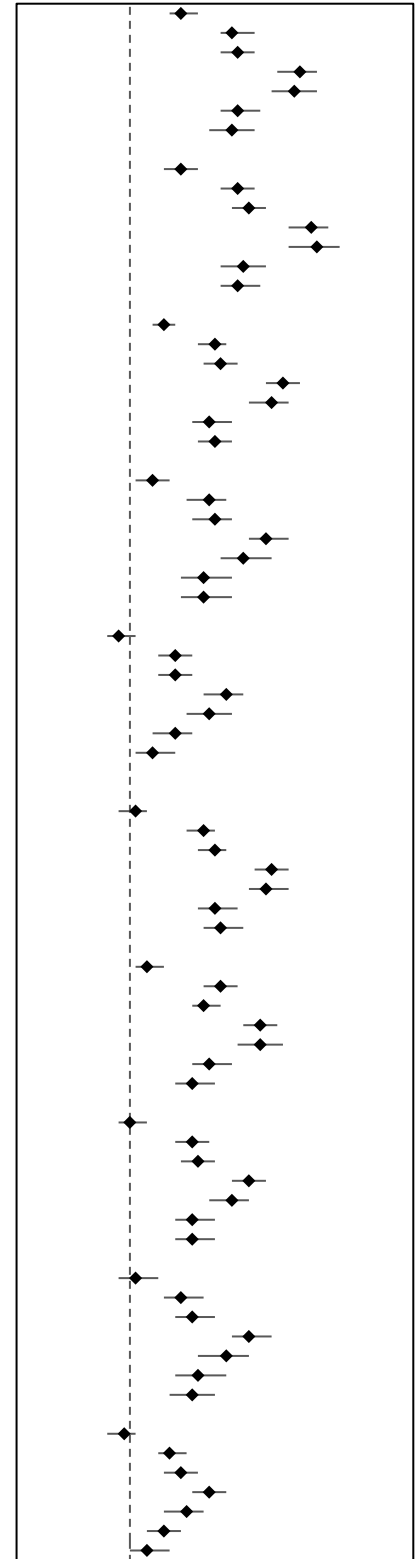
Supplemental Figure 2: Rates of Total Outpatient Visits by Age of Birthing Parents

Age group	Date (quarters)	Rate/1000		Absolute Rate Difference (95% CI)	Incidence Rate Ratio (95% CI)
		Observed	Expected		
<i>Birthing parents with younger children (0-5 years of age)</i>					
<18	Mar-May 2020	245.4	265.8	-20.45 (-41.94 to -0.56)	0.92 (0.85 to 1.00)
	Jun-Aug 2020	280.4	259.6	20.80 (-0.20 to 40.23)	1.08 (1.00 to 1.17)
	Sept-Nov 2020	277.4	274.5	2.88 (-19.46 to 23.55)	1.01 (0.93 to 1.09)
	Dec 2020-Feb 2021	314.1	270.4	43.72 (21.02 to 64.66)	1.16 (1.07 to 1.26)
	Mar-May 2021	326.4	289.6	36.80 (7.17 to 63.69)	1.13 (1.02 to 1.24)
	Jun-Aug 2021	293.3	282.8	10.48 (-18.56 to 36.82)	1.04 (0.94 to 1.14)
	Sept-Nov 2021	279.7	299.0	-19.36 (-50.53 to 8.87)	0.94 (0.85 to 1.03)
18-26	Mar-May 2020	232.0	233.4	-1.37 (-6.38 to 3.53)	0.99 (0.97 to 1.02)
	Jun-Aug 2020	240.8	226.4	14.46 (9.60 to 19.23)	1.06 (1.04 to 1.09)
	Sept-Nov 2020	255.3	228.9	26.44 (21.52 to 31.26)	1.12 (1.09 to 1.14)
	Dec 2020-Feb 2021	252.6	211.6	41.07 (36.43 to 45.61)	1.19 (1.17 to 1.22)
	Mar-May 2021	265.7	229.6	36.06 (29.93 to 42.04)	1.16 (1.13 to 1.19)
	Jun-Aug 2021	241.0	222.7	18.24 (12.28 to 24.04)	1.08 (1.05 to 1.11)
	Sept-Nov 2021	244.8	225.2	19.57 (13.52 to 25.46)	1.09 (1.06 to 1.12)
27-36	Mar-May 2020	169.8	157.1	12.71 (9.31 to 16.04)	1.08 (1.06 to 1.10)
	Jun-Aug 2020	174.4	148.1	26.40 (23.18 to 29.54)	1.18 (1.15 to 1.20)
	Sept-Nov 2020	183.8	155.5	28.31 (24.94 to 31.61)	1.18 (1.16 to 1.21)
	Dec 2020-Feb 2021	183.4	142.4	41.00 (37.88 to 44.05)	1.29 (1.26 to 1.32)
	Mar-May 2021	196.5	153.5	42.97 (38.84 to 46.99)	1.28 (1.25 to 1.31)
	Jun-Aug 2021	170.6	144.7	25.93 (22.02 to 29.73)	1.18 (1.15 to 1.21)
	Sept-Nov 2021	179.3	152.0	27.32 (23.22 to 31.32)	1.18 (1.15 to 1.21)
37-47	Mar-May 2020	173.9	168.2	5.74 (0.63 to 10.70)	1.03 (1.00 to 1.07)
	Jun-Aug 2020	176.9	155.7	21.29 (16.52 to 25.91)	1.14 (1.10 to 1.17)
	Sept-Nov 2020	189.8	169.7	20.19 (15.00 to 25.23)	1.12 (1.09 to 1.15)
	Dec 2020-Feb 2021	185.0	152.5	32.51 (27.75 to 37.12)	1.21 (1.18 to 1.25)
	Mar-May 2021	206.2	169.9	36.29 (29.85 to 42.50)	1.21 (1.17 to 1.26)
	Jun-Aug 2021	180.0	157.3	22.75 (16.76 to 28.53)	1.14 (1.10 to 1.19)
	Sept-Nov 2021	192.9	171.4	21.53 (14.99 to 27.82)	1.13 (1.08 to 1.17)
<i>Birthing parents with school-aged children (6-12 years of age)</i>					
18-26	Mar-May 2020	445.4	455.9	-10.58 (-20.93 to -0.45)	0.98 (0.96 to 1.00)
	Jun-Aug 2020	451.3	441.9	9.48 (-0.56 to 19.29)	1.02 (1.00 to 1.04)
	Sept-Nov 2020	491.6	446.6	45.00 (34.78 to 54.98)	1.10 (1.08 to 1.13)
	Dec 2020-Feb 2021	489.8	412.7	77.16 (67.31 to 86.78)	1.19 (1.16 to 1.22)
	Mar-May 2021	507.2	447.1	60.16 (47.43 to 72.54)	1.13 (1.10 to 1.17)
	Jun-Aug 2021	459.0	433.3	25.68 (13.33 to 37.70)	1.06 (1.03 to 1.09)
	Sept-Nov 2021	469.1	437.9	31.22 (18.56 to 43.54)	1.07 (1.04 to 1.10)
27-36	Mar-May 2020	233.6	229.3	4.27 (-1.25 to 9.66)	1.02 (0.99 to 1.04)
	Jun-Aug 2020	237.4	213.2	24.25 (19.11 to 29.27)	1.11 (1.09 to 1.14)
	Sept-Nov 2020	253.1	221.3	31.77 (26.44 to 36.97)	1.14 (1.12 to 1.17)
	Dec 2020-Feb 2021	247.7	202.0	45.68 (40.78 to 50.47)	1.23 (1.20 to 1.26)
	Mar-May 2021	262.6	218.2	44.36 (37.83 to 50.70)	1.20 (1.17 to 1.24)
	Jun-Aug 2021	233.5	202.9	30.59 (24.51 to 36.50)	1.15 (1.12 to 1.19)
	Sept-Nov 2021	243.4	210.6	32.78 (26.47 to 38.91)	1.16 (1.12 to 1.19)
37-47	Mar-May 2020	168.0	163.7	4.33 (0.91 to 7.68)	1.03 (1.01 to 1.05)
	Jun-Aug 2020	169.9	148.3	21.59 (18.47 to 24.64)	1.15 (1.12 to 1.17)
	Sept-Nov 2020	185.0	162.4	22.52 (19.11 to 25.86)	1.14 (1.12 to 1.16)
	Dec 2020-Feb 2021	180.5	146.8	33.69 (30.58 to 36.74)	1.23 (1.20 to 1.26)
	Mar-May 2021	197.9	162.7	35.12 (30.89 to 39.24)	1.22 (1.18 to 1.25)
	Jun-Aug 2021	167.6	147.5	20.11 (16.26 to 23.86)	1.14 (1.11 to 1.17)
	Sept-Nov 2021	183.2	161.5	21.67 (17.45 to 25.78)	1.13 (1.11 to 1.16)
48+	Mar-May 2020	167.8	176.0	-8.18 (-15.41 to -1.23)	0.95 (0.92 to 0.99)
	Jun-Aug 2020	179.3	154.5	24.70 (18.22 to 30.93)	1.16 (1.11 to 1.21)
	Sept-Nov 2020	191.8	174.3	17.46 (10.14 to 24.49)	1.10 (1.06 to 1.15)
	Dec 2020-Feb 2021	177.8	155.4	22.32 (15.48 to 28.87)	1.14 (1.10 to 1.19)
	Mar-May 2021	201.9	174.3	27.54 (18.55 to 36.10)	1.16 (1.10 to 1.22)
	Jun-Aug 2021	170.9	153.1	17.79 (9.78 to 25.41)	1.12 (1.06 to 1.17)
	Sept-Nov 2021	195.4	172.6	22.76 (13.69 to 31.38)	1.13 (1.08 to 1.19)



Supplemental Figure 3: Rates of Total Outpatient Visits by Material Deprivation

Deprivation	Quarters	Date (quarters)	Rate/1000		Absolute Rate Difference (95% CI)	Incidence Rate Ratio (95% CI)
			Observed	Expected		
Birthing parents with younger children (0-5 years of age)						
1 (least)	Mar-May 2020		158.0	144.5	13.49 (9.84 to 17.05)	1.09 (1.07 to 1.12)
	Jun-Aug 2020		159.8	134.8	24.93 (21.50 to 28.28)	1.18 (1.16 to 1.22)
	Sept-Nov 2020		173.4	146.2	27.22 (23.51 to 30.85)	1.19 (1.16 to 1.22)
	Dec 2020-Feb 2021		172.4	133.0	39.37 (35.92 to 42.73)	1.30 (1.26 to 1.33)
	Mar-May 2021		187.1	145.4	41.64 (37.06 to 46.08)	1.29 (1.25 to 1.33)
2	Jun-Aug 2021		162.0	135.7	26.35 (22.05 to 30.52)	1.19 (1.16 to 1.23)
	Sept-Nov 2021		173.8	147.1	26.62 (21.95 to 31.15)	1.18 (1.14 to 1.22)
	Mar-May 2020		160.6	147.1	13.51 (9.61 to 17.31)	1.09 (1.06 to 1.12)
	Jun-Aug 2020		164.2	137.7	26.45 (22.78 to 30.03)	1.19 (1.16 to 1.22)
	Sept-Nov 2020		177.3	146.9	30.40 (26.48 to 34.21)	1.21 (1.18 to 1.24)
3	Dec 2020-Feb 2021		177.9	135.2	42.66 (38.99 to 46.24)	1.32 (1.28 to 1.35)
	Mar-May 2021		194.8	147.0	47.83 (42.98 to 52.53)	1.33 (1.28 to 1.37)
	Jun-Aug 2021		165.6	137.6	28.01 (23.45 to 32.43)	1.20 (1.16 to 1.24)
	Sept-Nov 2021		175.3	146.8	28.53 (23.65 to 33.25)	1.19 (1.16 to 1.23)
	Mar-May 2020		170.1	160.5	9.54 (5.77 to 13.23)	1.06 (1.04 to 1.08)
4	Jun-Aug 2020		174.2	151.8	22.39 (18.81 to 25.89)	1.15 (1.12 to 1.17)
	Sept-Nov 2020		185.1	159.9	25.28 (21.50 to 28.97)	1.16 (1.13 to 1.19)
	Dec 2020-Feb 2021		185.3	145.8	39.46 (35.93 to 42.91)	1.27 (1.24 to 1.30)
	Mar-May 2021		199.4	159.8	39.62 (34.93 to 44.17)	1.25 (1.21 to 1.28)
	Jun-Aug 2021		172.8	151.1	21.68 (17.24 to 25.99)	1.14 (1.11 to 1.18)
5 (most)	Sept-Nov 2021		182.7	159.1	23.54 (18.84 to 28.11)	1.15 (1.12 to 1.18)
	Mar-May 2020		185.9	178.9	6.96 (1.52 to 12.25)	1.04 (1.01 to 1.07)
	Jun-Aug 2020		193.1	170.1	23.02 (17.84 to 28.06)	1.14 (1.10 to 1.17)
	Sept-Nov 2020		203.8	177.7	26.08 (20.67 to 31.33)	1.15 (1.11 to 1.18)
	Dec 2020-Feb 2021		202.2	162.7	39.46 (34.42 to 44.34)	1.24 (1.21 to 1.28)
5 (most)	Mar-May 2021		213.6	177.4	36.20 (29.48 to 42.68)	1.20 (1.16 to 1.25)
	Jun-Aug 2021		191.1	168.6	22.49 (16.09 to 28.65)	1.13 (1.09 to 1.18)
	Sept-Nov 2021		199.9	176.2	23.75 (17.06 to 30.20)	1.13 (1.09 to 1.18)
	Mar-May 2020		235.8	239.6	-3.76 (-10.43 to 2.74)	0.98 (0.96 to 1.01)
	Jun-Aug 2020		247.4	229.9	17.50 (11.08 to 23.76)	1.08 (1.05 to 1.11)
5 (most)	Sept-Nov 2020		254.8	236.1	18.73 (12.13 to 25.15)	1.08 (1.05 to 1.11)
	Dec 2020-Feb 2021		252.4	216.6	35.79 (29.65 to 41.77)	1.17 (1.13 to 1.20)
	Mar-May 2021		266.6	234.4	32.16 (24.03 to 40.03)	1.14 (1.10 to 1.18)
	Jun-Aug 2021		242.3	224.9	17.38 (9.55 to 24.94)	1.08 (1.04 to 1.11)
	Sept-Nov 2021		241.3	231.0	10.35 (2.30 to 18.12)	1.04 (1.01 to 1.08)
Birthing parents with school-aged children (6-12 years of age)						
1 (least)	Mar-May 2020		162.7	161.7	0.98 (-2.73 to 4.61)	1.01 (0.98 to 1.03)
	Jun-Aug 2020		164.3	145.5	18.74 (15.38 to 22.02)	1.13 (1.10 to 1.15)
	Sept-Nov 2020		184.7	161.0	23.67 (19.96 to 27.29)	1.15 (1.12 to 1.17)
	Dec 2020-Feb 2021		181.4	144.8	36.57 (33.17 to 39.89)	1.25 (1.22 to 1.28)
	Mar-May 2021		201.3	162.1	39.16 (34.52 to 43.66)	1.24 (1.21 to 1.28)
2	Jun-Aug 2021		168.2	145.9	22.34 (18.15 to 26.41)	1.15 (1.12 to 1.19)
	Sept-Nov 2021		188.0	161.4	26.61 (21.98 to 31.12)	1.16 (1.13 to 1.20)
	Mar-May 2020		172.3	167.0	5.31 (0.98 to 9.52)	1.03 (1.01 to 1.06)
	Jun-Aug 2020		176.4	152.7	23.75 (19.77 to 27.62)	1.16 (1.13 to 1.19)
	Sept-Nov 2020		190.6	168.0	22.67 (18.30 to 26.93)	1.13 (1.11 to 1.16)
3	Dec 2020-Feb 2021		187.4	152.3	35.11 (31.09 to 39.04)	1.23 (1.20 to 1.26)
	Mar-May 2021		205.5	167.3	38.26 (32.87 to 43.49)	1.23 (1.19 to 1.27)
	Jun-Aug 2021		174.6	152.9	21.63 (16.67 to 26.43)	1.14 (1.11 to 1.18)
	Sept-Nov 2021		187.2	168.3	18.97 (13.50 to 24.26)	1.11 (1.08 to 1.15)
	Mar-May 2020		187.2	186.7	0.47 (-4.43 to 5.24)	1.00 (0.98 to 1.03)
4	Jun-Aug 2020		191.2	172.0	19.13 (14.60 to 23.54)	1.11 (1.08 to 1.14)
	Sept-Nov 2020		206.9	185.0	21.83 (16.96 to 26.58)	1.12 (1.09 to 1.15)
	Dec 2020-Feb 2021		203.7	168.7	35.09 (30.57 to 39.49)	1.21 (1.18 to 1.24)
	Mar-May 2021		220.3	187.3	33.06 (26.94 to 38.98)	1.18 (1.14 to 1.21)
	Jun-Aug 2021		191.8	172.5	19.27 (13.62 to 24.74)	1.11 (1.08 to 1.15)
5 (most)	Sept-Nov 2021		206.5	185.6	20.93 (14.83 to 26.83)	1.11 (1.08 to 1.15)
	Mar-May 2020		226.4	223.1	3.21 (-3.69 to 9.89)	1.01 (0.98 to 1.05)
	Jun-Aug 2020		227.7	208.0	19.71 (13.27 to 25.96)	1.09 (1.06 to 1.13)
	Sept-Nov 2020		245.2	220.1	25.11 (18.29 to 31.73)	1.11 (1.08 to 1.15)
	Dec 2020-Feb 2021		245.6	202.2	43.42 (37.07 to 49.58)	1.21 (1.18 to 1.25)
5 (most)	Mar-May 2021		259.1	222.0	37.05 (28.50 to 45.27)	1.17 (1.12 to 1.21)
	Jun-Aug 2021		232.2	207.0	25.25 (17.27 to 32.93)	1.12 (1.08 to 1.17)
	Sept-Nov 2021		243.4	219.0	24.39 (15.92 to 32.54)	1.11 (1.07 to 1.15)
	Mar-May 2020		307.3	311.7	-4.39 (-11.90 to 2.94)	0.99 (0.96 to 1.01)
	Jun-Aug 2020		316.0	294.7	21.31 (14.19 to 28.25)	1.07 (1.05 to 1.10)
5 (most)	Sept-Nov 2020		335.3	307.4	27.85 (20.41 to 35.12)	1.09 (1.06 to 1.12)
	Dec 2020-Feb 2021		323.6	283.3	40.25 (33.30 to 47.03)	1.14 (1.11 to 1.17)
	Mar-May 2021		339.0	309.0	29.94 (20.68 to 38.93)	1.10 (1.06 to 1.13)
	Jun-Aug 2021		308.9	292.1	16.75 (7.98 to 25.28)	1.06 (1.03 to 1.09)
	Sept-Nov 2021		315.4	304.8	10.66 (1.47 to 19.59)	1.03 (1.00 to 1.07)



0.80 0.90 1.00 1.10 1.20 1.30 1.40 1.50
Incidence rate ratio (95% CI)