

CORONAVIRUS DISEASE (COVID-19) MENTAL HEALTH UPDATE



Amid challenges from the pandemic, social unrest and widespread economic distress, the current environment is one of the worst times for individuals. **The pandemic is taking a dramatic toll on mental wellbeing.** Increased behavioral health problems, such as depression, anxiety, mood disorders, psychological distress, family and employment instability, post-traumatic stress disorder (PTSD), insomnia, fear, stigmatization, low self-esteem, and lack of self-control are evident.



Prior to the pandemic, about 1 in 4 or 25% of people in the U.S. experience a behavioral health concern each year. However, during the last several months the CDC, reports symptoms of anxiety disorder and depressive disorder increased considerably in the United States, compared with the same period in 2019. **Currently, about 40.9% of adults surveyed reported an adverse mental or behavioral health condition, including 30.9% of those reported symptoms of anxiety disorder or depressive disorder, 26.3% reported trauma symptoms related to COVID-19, 13.5% reported having started or increased substance use to cope with stress or emotions related to COVID-19 and 10.7% reported having seriously considered suicide in the preceding 30 days.** It is anticipated that these increases will take several years to stabilize.

If your mental health care was disrupted because of the pandemic or if you or someone you care about have a new mental and behavioral health need brought on or highlighted by the pandemic - be empathetic, connect and be proactive in getting assistance. **If an individual has an EMAP program - they can provide help through this turmoil.** If a person doesn't have access to an EMAP, talk to a doctor or mental health professional. If you don't know where to start contact <https://www.samhsa.gov/find-help/national-helpline> or 1-800-662-4357.

