

DEPRESSION, ANXIETY, & COVID-19

- 1 Global rates of Depression and Anxiety have increased during the COVID-19 pandemic.
- 2 Individuals with pre-existing mental health conditions are more likely to get COVID-19, and more likely to experience adverse reactions to COVID-19.

WHAT WE KNOW

Mental health has been a popular point of discussion during the COVID-19 pandemic.

Global health crises, like the Ebola outbreak of 2014, are linked with increases in anxiety and depression.



COVID-19 is linked with these same increases.

During the pandemic,
4 in 10
Adults in the U.S. Reported
Symptoms of Anxiety or
Depression.

This is up from 1 in 10 pre-pandemic.

Community Mental Health

What to know about the impact of COVID-19 on Depression & Anxiety

Depression rates are as much as **7X** higher than pre-pandemic.

Depression and Anxiety do not always look like "feeling sad"

Individuals with anxiety and depression were more likely to experience changes to eating and sleeping during the pandemic.

QUESTION: How might changes to eating and sleeping impact other mental health symptoms for you or the individuals you work with?

HEALTH EQUITY

We know some groups experience health disparities and worsened health outcomes over time. This has been true during the pandemic as well.

"Mental health conditions are disproportionately affecting specific populations, especially young adults, Hispanic persons, black persons, essential workers, unpaid caregivers for adults, and those receiving treatment for preexisting psychiatric conditions"

Individuals with a recent depression diagnosis had a **49% higher death rate** from COVID-19 than those without such a diagnosis.

What Other Areas of Life has the Pandemic Distrupted?



- Eating
- Sleeping
- Physical Health
- Physical Activity
- Access to Care
- Social Connection
- Housing Security
- Employment
- Others? _____

How have these changes impacted your own mental health and wellbeing?

CARE & SUPPORT

What to know about the state of mental health care during COVID-19

- 1 The rate of unmet mental health needs has risen during COVID-19.
- 2 This means that individuals who need care may not be receiving it.

How can we help support mental health care during the pandemic?

We know that fear-related behaviors decrease recovery.

What is a Fear-Related Behavior?

A behavior or action in response to a perceived threat. For example, if you were stung by a bee at the park, a helpful fear-related behavior would be to check for bees before sitting down in the grass. A harmful fear-related behavior would be to never go to the park again.

COVID-19 Fear-Related Behaviors

- Stigmatizing COVID survivors
- Ignoring medical procedures
- Isolation
- Others? _____

How might fear-related behaviors present themselves?

- Avoidance
- Missing appointments
- Anger
- Not wanting to leave the house
- Others? _____

We can coach individuals through fear-related behaviors by providing:

- Education about COVID-19
- Safety advice
- Social support
- Mental health care
- Teach coping skills

This can help support recovery and resilience!



SPOTLIGHT: Media Literacy

Media Consumption has played an important role during the pandemic.

Heavy media consumption can cause:

- Confusion or misinformation
- Worry
- Increased fear & anxiety

How Can You Increase Your Media Literacy?

- **Use primary sources such as data reports-** look for facts instead of opinions. Ex. "How many people are infected with COVID-19 in your state?" vs. "Why I think COVID-19 cases have skyrocketed!"

- **Look for bias in the information-** who is benefitting from this point of view?

- **Look for bias in yourself-** How does this information make you feel? Did the author want you to feel this way? Why?

Health Equity & Technology

Access to technology is a vital part of care during a pandemic. Technology is also a driving factor in health equity.

Providing technology & training can help individuals access care, feel connected to the community, and have more agency over recovery.

