

# 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. experienced 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.

