

Mental Health data during Covid-19



Pre-Covid-19

60%

Of workers experienced one or more symptoms of a mental health condition withing the past year ¹

86%

Of employees want to talk to their employers about mental health ¹

60%

Of employees have never spoken to anyone at work about their mental health ¹

11 yrs

Is the average delay between symptom onset and treatment ²

42%

Of employees with diagnosed mental conditions have come into work with suicidal feelings ³

Covid-19

45%

Of adults feel that stress related to Covid-19 has negatively impacted their mental health ⁴

1000%

Increase of mental health distress calls to federal hotlines ⁵

**Age
25**

And younger are having a more pronounced reaction to Covid-19 ⁶

Research and data collection is currently under way

World Health Organization

“Good mental health is critical to the functioning of society at the best of times. It must be front and centre of every country’s response to and recovery from the COVID-19 pandemic.”

Sources:

1. Mental Health at Work 2019 Report, Mind Share Partners
2. National Alliance on Mental Illness
3. UNUM Mental Health Report, 2019
4. Kaiser Family Foundation Poll
5. Washington Post
6. MHA Screening Data

Mental Health Resources



NAMI

NAMI, or the National Alliance on Mental Illness, has recently updated their information to include Covid-19 specific pages filled with recommendations for individuals struggling with mental health, young to old. This includes their helplines and email. They have been adding more content regularly to their website. For more information go to: nami.org



Suicide Prevention Lifeline

Suicide rates increase in times of isolation, as well as financial, emotional and mental distress. These are difficult times in so many ways, and it is imperative to reach out for help - help is available to those who are struggling or need a place to turn. Call, text or chat online. Call 1-800-273-8255 or go to: suicidepreventionlifeline.org

SAMHSA Treatment Referral Line

Looking for a substance abuse or mental health treatment center? Start with your medical insurance company for a list of providers and help, plus also reach out to the Substance Abuse and Mental Health Services Administration for referrals. They help locate services as well as provide information on mental disorders and illnesses. Call 1-800-662-HELP or go to: samhsa.org

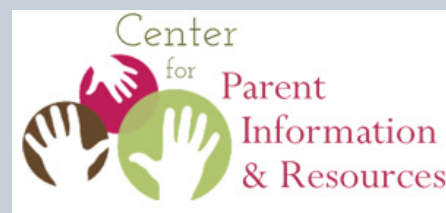


Futures Without Violence

Futures Without Violence is a domestic violence survivor support organization. Their site is full of resources as well as opportunities to volunteer and donate. In the times of stay at home orders it is imperative that those who are in domestic violence situations are offered support and a safe space. Go to futureswithoutviolence.org

Psychology Today

The magazine Psychology Today has articles on a wide range of helpful topics, from getting along with family members to a treatment locator. The types of treatment range from finding a therapist to locating inpatient programs. Their articles are useful and credible. Go to: psychologytoday.com



Center for Parent Information and Resources

An organization that supports "parent centers that serve disabled children", Center for Parent Information and Resources is a great place to gather information about mental health concerns for one's children. The website includes lists of resources for mental health and resources related to COVID-19 specifically. Go to: parentcenterhub.org/mentalhealth/

GoodRx and similar medication Apps

GoodRx.com and similar apps compare medication prices at neighboring pharmacies and apply available coupons. Enter the drug name into the application and obtain a list of discounted prices in your area, at times less expensive than insurance copays. Similar apps include NeedyMed, SingleCare, BlinkRx, and more. Pharmacies such as Walgreens and CVS also have their own apps offering discounts. Go to: goodrx.com



Health Unlocked

Health Unlocked is a social support network for health-related conditions. This ranges from depression support to exercise support. Go to the website and search for groups related to your health interests. Health Unlocked provides peer-to-peer support, which has been proven to be extremely helpful in supporting healthy activities. Their website also includes research about the positive impact of support networks in achieving better and consistent good health. Go to healthunlocked.com

Anxiety and Depression Association of America

The ADAA (Anxiety and Depression Association of America) is an organization that provides not only information on the disorders and co-occurring disorders, but also helpful articles on how to combat and find acceptance related to depression and anxiety. Their website includes excellent articles are written by professionals. Go to adaa.org



Therapy and psychiatry via telemedicine

There is a distinct shortage of therapists and psychiatrists, and telemedicine has taken off making it easier to access mental health care. Note: even though the primary care medical side of the telemedicine company may be contracted with your medical insurance does not guarantee that the mental health is also contracted & in-network. Always clarify this, as well as confirm how much the cost is going to be before seeking services. Here's a few: Talkspace, Che Behavioral Health, LiveHealth Online, Teladoc, Healthiest You.

Mental Health and Mindfulness Mobile Apps:

Sanvello and myStrength are both mobile apps designed by clinicians to assist with managing depression and anxiety, stress, chronic pain, sleep and substance use. More apps are being developed and launched. Additionally there are meditation and mindfulness apps that support balance as well: Headspace, Calm, Aura, Breathe, Buddhify, Mindfulness Daily are just a few.



Looking for the good and finding it.

Insurance in the time of Corona. info@benassisthealth.com