

The Possible emergence of a Mental Health Pandemic

There is a clear mental health crisis and growing need for care in the World. Is there a different sort of pandemic on the way or is it already here?

It's almost surreal to look back on the last 15 months. Coronavirus has brought the World to a halt. The toll on mental health has been unimaginable. The changes everyone has had to go through and endure have been like nothing we have seen before. There has been a steady and exponentially increasing demand for mental health services across the World, and the pandemic that occurred at such a fast pace, has been hard for everyone to maintain.

The resulting mental health issues arising from COVID-19 have created a second pandemic—one which has yet to be fully recognised.

In some areas rather than increasing mental health support facilities, the need to distance and isolate has resulted in the amalgamation or closure of amenities, which has resulted in fewer or less accessible mental health services in an already underserved and stigmatised sector.

It is important for everyone to recognise mental health as a significant issue and put strategies in place to address it.

The COVID-19 pandemic has changed the World. As we all work to contain the virus, to keep as many people as possible safe, we must not forget the mental health repercussions of this time. COVID-19 will last in our memories long after the vaccine rollout has been completed and the virus contained, but the mental health crisis it brought with it may be with us for a much longer time.

Please join us for further information and a discussion on **'The Possible emergence of a Mental Health Pandemic'** this is being delivered live on **Friday 18th June at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/3015061409891249678>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

Useful sources & Information/ references:

<https://blogs.bmj.com/ebn/2020/10/04/is-a-crisis-in-mental-health-the-next-pandemic/>

<https://www.covidsocialstudy.org/>