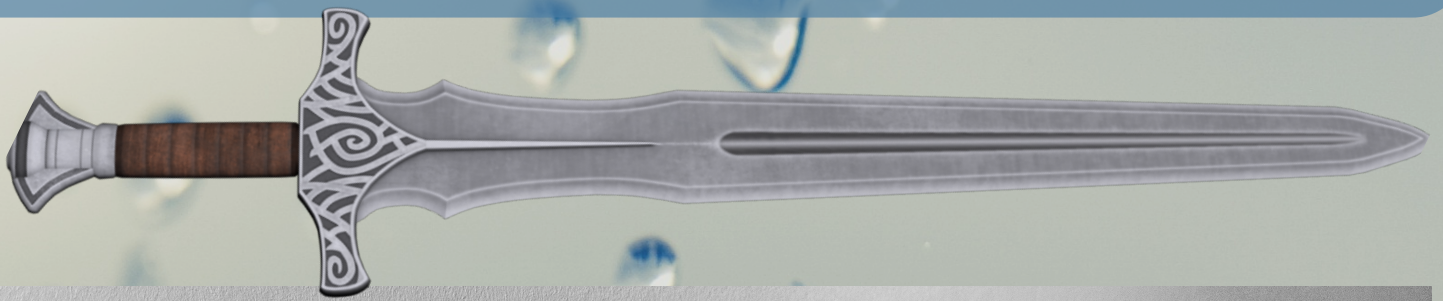
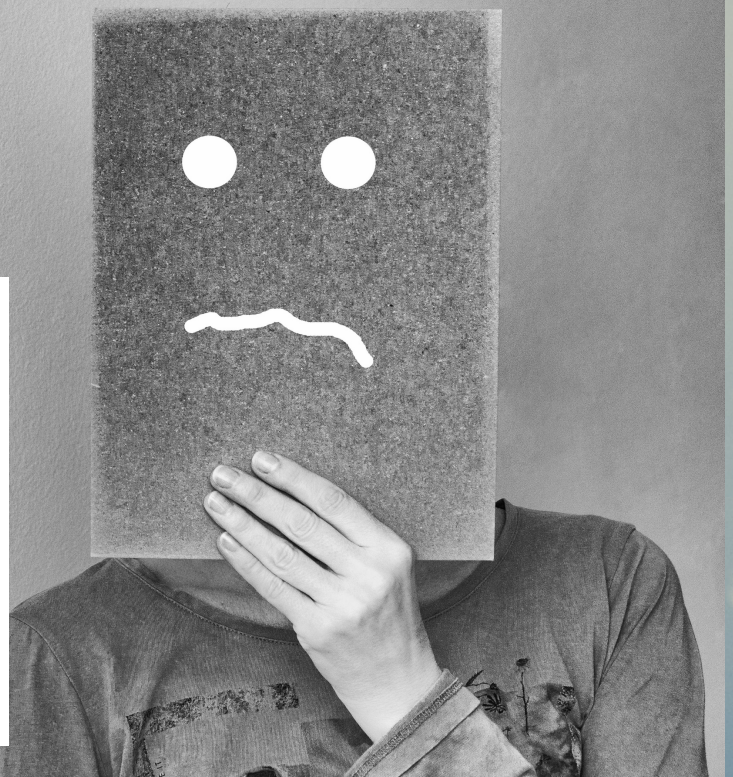
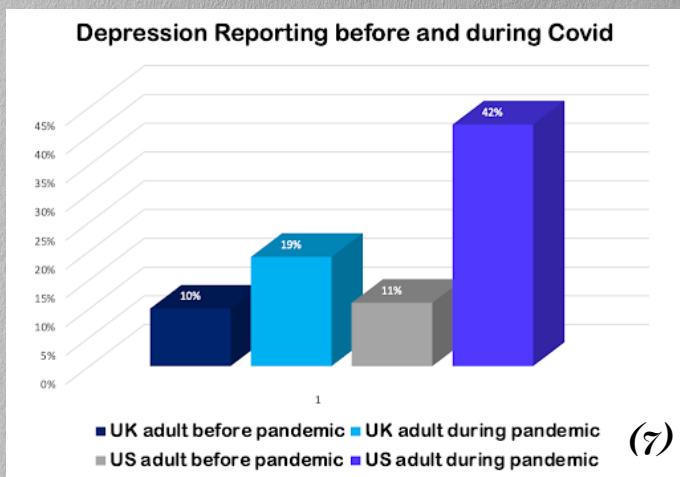


# MENTAL HEALTH DURING COVID-19

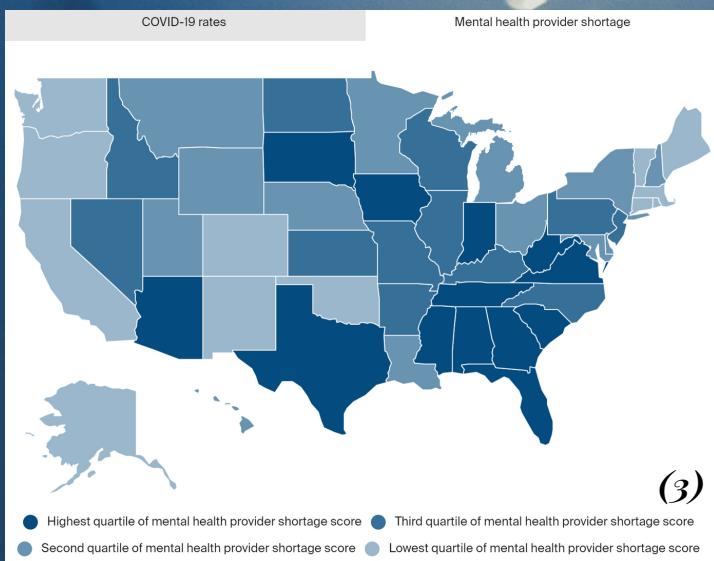
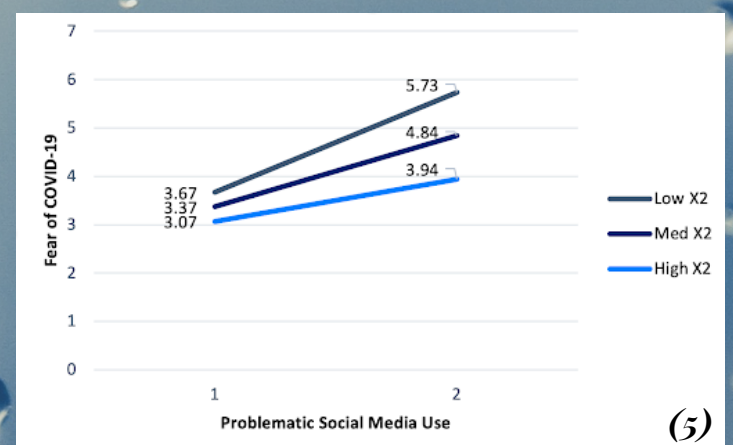
During the pandemic, social media has been like a "double-edged sword." On one hand, it has allowed us to re-evaluate our values and connect with family and friends. On the other hand, the more extensive use of platforms is associated with rising depression and anxiety rates (1).



Since the beginning of the pandemic, the depression rate has increased from 1 in 5 Americans to over 2 in 5 (2).



Social media is an easy platform for spreading conspiracy theories and misinformation about COVID-19, instigating fear and depression in users (1).

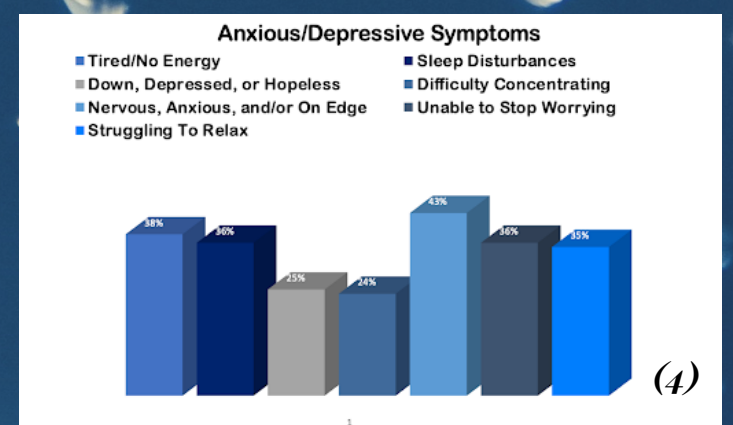


Access to mental health providers is limited and hard to get. The map to right displays the shortage in America (dark blue = high) (3).

Those that do get help often get access over phone, zoom, or other communication platforms, reducing the personal connection that comes with an in person session.

With an inability to go into an office, patients may also find it more difficult to find a private space to talk.

During the pandemic, posts about loved ones dying and becoming sick led to anxiety and depression. Additionally, the overwhelming amount of information, some false, became known as an "infodemic" and WHO advised spending less time on social media (5).



## Any Positive Effects?

**88.6%** thought social distancing restrictions were beneficial

**48%** rediscovered appreciation for their family

**22%** reassessed themselves and their values

(4)

## How can you improve your mental health?

1. Limit your exposure to the news. A lot of it's negative.
2. Pay attention to your physical health. If your body doesn't feel good, your mind will have a harder time too.
3. Talk to friends, family, or a counselor. If you can't meet in person, try meeting virtually. In this case, social media helps.
4. Meditate, or enjoy a hobby! Get confident with something you like.
5. Be wise to social media. Just because it's on there doesn't mean it's true (6).

Sources:

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3. <https://www.commonwealthfund.org/blog/2020/long-term-impact-covid-19-mental-health>
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