

**April 6-12, 2020**



## Mental Health

**Monday, April 6<sup>th</sup>**

During this COVID-19 pandemic it can cause higher levels of stress than usual. It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

## Tips on Managing Anxiety and Emotional Health

- **Take care of your body**— Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- **Connect with others**— Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system.
- **Take breaks**— Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**— When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**— If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor or doctor.

## Other Helpful Resources:

- Coping with Disaster or Traumatic Event

# Coping with a Disaster or Traumatic Event



## Steps to Care for Yourself

- Take Care of Your Body
  - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
  - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
  - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
  - » Watch for news updates from reliable officials.
- Avoid
  - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
  - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline helpline at 1-800-985-5990 or text TalkWithUs to 66746.

After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

## How to Help Your Children

- Talk with them.
  - » Share age-appropriate information.
  - » Reassure them.
  - » Address rumors.
  - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

## Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

**Substance Abuse and Mental Health Services Administration's  
(SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text  
TalkWithUs to 66746.**

**People with deafness or hearing loss can use their preferred  
relay service to call 1-800-985-5990.**





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### For science.

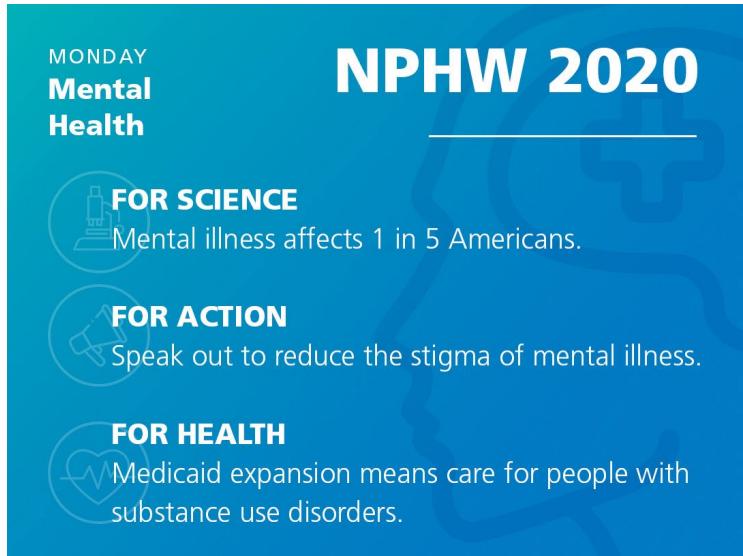
One in five Americans experiences some form of mental illness.<sup>[1]</sup> This doesn't just impact the individual: It has a ripple effect that touches families, communities and society overall, according to the National Alliance on Mental Illness.<sup>[2]</sup> Many people experiencing mental illness also have substance use disorders, are incarcerated or may be homeless. Mental illness also affects 16.5% of youth ages 6-17.<sup>[3]</sup> Suicide rates for children ages 10-14 nearly tripled from 2007-2017.<sup>[4]</sup> Seventy percent of youth in the juvenile justice system have received at least one mental illness diagnosis.<sup>[5]</sup>

### For action.

Advocate and educate to reduce the stigma of mental illness, and learn how your communities — the places where you live, learn, work and play — can provide support to people experiencing mental illness. Design and implement diversion programs for people experiencing mental illness to keep them out of jails and prisons.<sup>[6]</sup> Expand mental health services and support systems available via health care. Work to uphold the Affordable Care Act, which expanded the availability of mental health services and coverage for care.<sup>[7]</sup> Apply a health equity lens to ensure efforts reach those most in need. Explore and provide cultural competency and cultural humility training for health care providers who are providing mental health services to underserved communities.<sup>[8,9]</sup>

### For health.

People experiencing mental illness are more likely to receive prescriptions for opioids and are at a greater risk for developing drug dependence.<sup>[10]</sup> Mental, neurological and substance use



**MONDAY**  
**Mental Health**

**NPHW 2020**

**FOR SCIENCE**  
Mental illness affects 1 in 5 Americans.

**FOR ACTION**  
Speak out to reduce the stigma of mental illness.

**FOR HEALTH**  
Medicaid expansion means care for people with substance use disorders.



## National Public Health Week

NPHW @ 25: Looking Back, Moving Forward.

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disorders contribute to worse health and early death. Treatment for mental health and substance misuse results in increased health spending and reduced earnings for families. That translates to costs and lost earnings equally about \$50 billion in the U.S. and Canada.<sup>[11]</sup> Thanks to the Affordable Care Act's Medicaid expansion, about 1.6 million Americans living with substance use disorders have gained insurance coverage.<sup>[12]</sup>

### For justice.

Support telemedicine and other efforts that connect people experiencing mental illness to medical and supportive services.<sup>[13]</sup> Partner with community stakeholders to overcome transportation barriers to care, such as coordinating ride-sharing services or helping residents navigate transit services.<sup>[14]</sup> Advocate for supportive, evidence-based public health policies, such as easier access to naloxone and continued coverage parity for mental health and addiction care. Apply a public health approach to suicide prevention.<sup>[15]</sup> Advance cross-sector partnerships that target the social determinants,<sup>[16]</sup> such as increasing job training opportunities, growing local employment and helping children achieve academic success.

## References

- [1] [National Alliance on Mental Illness](#)
- [2,3,5] [National Alliance on Mental Illness](#)
- [4] [CDC](#)
- [6] [The Council of State Governments Justice Center](#)
- [7] [American Society on Aging](#)
- [8] [SAMHSA](#)
- [9] [Online Journal of Issues in Nursing](#)
- [10] [Healthline](#)
- [11] [WHO](#)
- [12] [American Journal of Public Health](#)
- [13] [Journal of the Society for Medical Informatics](#)
- [14] [Rural Health Information Hub](#)
- [15] [APHA](#)
- [16] [County Health Rankings & Roadmaps](#)

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## **Salud Mental**

**Lunes 6 de Abril**

### **Para la ciencia.**

Uno de cada cinco estadounidenses padece alguna forma de enfermedad mental.<sup>[1]</sup> Esto no solo afecta a la persona, sino que tiene un efecto dominó que alcanza a las familias, las comunidades y la sociedad en general, según la National Alliance on Mental Illness (Alianza Nacional sobre Enfermedades Mentales).<sup>[2]</sup> Muchas personas que padecen enfermedades mentales también tienen trastornos por consumo de estupefacientes, están encarceladas o tal vez no tienen hogar. La enfermedad mental también afecta al 16.5% de los jóvenes de 6 a 17 años.<sup>[3]</sup> Los índices de suicidio en niños de 10 a 14 años casi se triplicaron entre 2007 y 2017.<sup>[4]</sup> Al 70% de los jóvenes en el sistema de justicia juvenil se le ha diagnosticado al menos una enfermedad mental.<sup>[5]</sup>

### **Para la acción.**

Trabaje y eduje para reducir el estigma de las enfermedades mentales, y conozca cómo sus comunidades — los lugares donde vive, aprende, trabaja y juega — pueden brindar apoyo a las personas que padecen enfermedades mentales. Diseñe e implemente programas de esparcimiento para personas que padecen enfermedades mentales para mantenerlas fuera de las cárceles.<sup>[6]</sup> Amplíe los servicios de salud mental y los sistemas de apoyo disponibles a través de la atención médica. Trabaje para mantener la Ley del Cuidado de Salud a Bajo Precio, que amplió la disponibilidad de servicios de salud mental y la cobertura de la atención.<sup>[7]</sup> Aplique un enfoque centrado en la equidad en salud para garantizar que los esfuerzos lleguen a quienes más los necesitan. Analice y brinde capacitación en competencia cultural y humildad cultural para los prestadores de atención médica que brindan servicios de salud mental a comunidades marginadas.<sup>[8,9]</sup>

### **Para la salud.**

Las personas que padecen enfermedades mentales tienen más probabilidades de recibir recetas de opioides y corren un mayor riesgo de desarrollar drogodependencia.<sup>[10]</sup> Los trastornos mentales, neurológicos y por consumo de estupefacientes contribuyen a empeorar

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la salud y ocasionar la muerte prematura. El tratamiento para la salud mental y el uso indebido de estupefacientes redunda en un mayor gasto en salud y menores ingresos para las familias. En los Estados Unidos y Canadá, eso se traduce en gastos y un lucro cesante por igual de alrededor de \$50 mil millones.<sup>[11]</sup> Gracias a la expansión de Medicaid en virtud de la Ley del Cuidado de Salud a Bajo Precio, aproximadamente 1.6 millones de estadounidenses que sufren trastornos por consumo de estupefacientes han obtenido una cobertura de seguro.<sup>[12]</sup>

### **Para la justicia.**

Apoye la telemedicina y otros esfuerzos que conectan a las personas que padecen enfermedades mentales con servicios médicos y de apoyo.<sup>[13]</sup> Asóciese con las partes interesadas de la comunidad para superar las barreras de transporte hacia la atención, como coordinar servicios de transporte compartido o ayudar a los residentes a utilizar los servicios de tránsito.<sup>[14]</sup> Abogue por políticas de salud pública de apoyo con base empírica, como un acceso más fácil a la naloxona y una paridad de cobertura continua para la salud mental y la atención de las adicciones. Aplique un enfoque de salud pública para la prevención de suicidios.<sup>[15]</sup> Promueva las asociaciones intersectoriales que apuntan a los factores sociales determinantes,<sup>[16]</sup> como incrementar las oportunidades de capacitación laboral, aumentar el empleo local y ayudar a los niños a alcanzar el éxito académico.

## **Referencias**

- [1] [National Alliance on Mental Illness](#)
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