



## MENTAL HEALTH

# FEELING DEPRESSED SINCE COVID-19? YOU ARE NOT ALONE

**If you're feeling anxious or depressed, take heart. Many people are in the same situation as you. Mental health challenges have escalated since COVID-19, and young people, the elderly, and women are among the most affected.**

### The world is noticing

A report from the World Health Organization (WHO) found that mental health services have been disrupted for vulnerable people, children, adolescents, the elderly, and women before and after childbirth.

The WHO looked at 130 countries and found that:

- 67% said counselling and psychotherapy had been badly affected,
- 30% reported less access for medications for mental health, and
- around three-quarters said school and workplace mental health services had been impacted.

### More people are affected

An article in Nature reports that 42% of people surveyed said they were anxious or depressed, compared to 11% the previous year. The situation is affecting people all over the world in a similar way.

### Drawing attention to the inequality

Because it's worse for some than for others, the World Federation for Mental Health has chosen 'mental health in an unequal world' as the focus for the year.

### What is being done?

The WHO encourages the following behaviour to look after our mental health:

Keep yourself informed. When it comes to your health, 'listen to advice and recommendations from your national and local authorities', says the WHO.

Maintain a routine. Go to bed and wake up at the same times daily, exercise regularly, set aside time to do things you enjoy doing.

Avoid alcohol and drugs and minimise exposure to news and social media posts that may make you feel fearful or anxious,

Reach out to others and maintain social contact, even if it is online or via telephone.