

HOW COVID-19 IS TRIGGERING A MENTAL HEALTH CRISIS AMONG HEALTH CARE AND FRONT-LINE WORKERS



In an increasingly polarized, unstable world, the coronavirus pandemic is unraveling a new crisis – mental health. When history is written on events that changed and shaped the 21st century, the Covid-19 would probably feature right at the top.

Mental health experts, psychiatrists, and counselors are reporting an unprecedented surge in the number of people seeking help with Anxiety, Depression, and Post-Traumatic Stress Disorder (PTSD). An economic slowdown, loss of jobs, financial insecurity is further aggravating the situation.

Common complaints include loss of appetite, burnout, panic attacks, and trouble sleeping as people are forced to be isolated with little or no socializing.

How is it affecting health care and front-line workers?

Health care and front-line workers are facing severe burnout and mental anxiety as they care for Covid-19 affected patients, manage disease spread putting their lives at risk. They are burdened with unique challenges including separation from loved ones, stigma from within their communities.

Personal Protective Equipment (PPE) that are both uncomfortable and restrict activities, sanitizing protocols, social distancing, and working in isolation are further straining an already demanding work. Additionally, high infection, morbidity, and mortality rates of Covid-19 among their co-workers are adversely affecting their mental health.

Studies around the world are showing increased stress levels among front-line and healthcare workers since the pandemic began. Women participants reported higher levels of anxiety, stress compared to men. Nurses and first-responders revealed the highest levels of mental stress, possibly due to direct contact with patients afflicted with Covid-19. Higher levels of stress, anxiety was also seen in health workers of specialty hospitals, clinics including Maternity, Dentistry, and Physiotherapy.

While researchers are analyzing the impact of the Coronavirus outbreak the world over, not many intervention studies are being done yet. Early data and findings from previous outbreaks suggest intervention and implementation strategies could reduce stress-levels and mental health strain among healthcare workers as they cope, manage and contain the virus.

You can find information on mental health illnesses and disorders by clicking on the links below.

1. **Anxiety**

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- **Generalized Anxiety Disorder**

 - **Panic Disorder**

 - **Obsessive Compulsive Disorder (OCD)**

 - **Phobia**

 - **Post- Traumatic Stress Disorder (PTSD)**
 - What is PTSD?

 - Signs and Symptoms

 - PTSD in children and adolescents.

 - Therapy and treatment
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2. Depression

3. Other disorders

- **Mood Disorder**
- **Eating Disorder**

4. Autism

Read more about **MENTAL HEALTH** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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