





# MENTAL HEALTH AND COVID-19


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## OLDER ADULTS

Older adults are particularly at risk for **loneliness** and **social isolation** as they are:

**More likely to live alone<sup>1</sup>** 

**Less likely to have internet<sup>2</sup>** 



Strategies to address this risk <sup>3</sup>

**Community Resources<sup>4</sup>**



**Video Chat**



**Games**

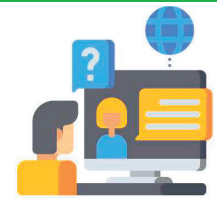


## SUBSTANCE USE

**Social isolation is a trigger for substance use<sup>5</sup>**




Need for alternative opioid treatment programs<sup>6</sup>



Need for virtual individual therapy and group therapy

## POTENTIAL PSYCHIATRIC OUTCOMES OF COVID19 SURVIVORS

**25%** Up to 25% of patients who had ARDS suffer from **PTSD** & other mood disorders after hospitalization for acute lung injury<sup>7</sup>



Hospitalized COVID19 survivors are at an increased risk for<sup>8</sup>:

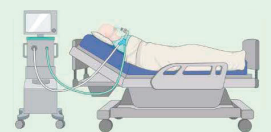


**Anxiety**



**Chronic Fatigue**

**Risk factors** for these psychiatric outcomes include<sup>9</sup>:



**ICU Admission**



**Being a Healthcare Worker**

**Mental Health Support should be provided to both front-line and non-frontline healthcare workers.**

Potential mental health interventions for healthcare workers:



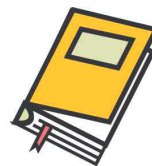
**Schwartz Rounds for Moral Injury<sup>10</sup>**

daily scheduled opportunity to reflect on stressors



**Battle Buddies<sup>11</sup>**

partner system to allow for informal debriefing



**WHO self-help plus<sup>12</sup>**

evidence-based materials for self-help

### Citations

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