MENTAL HEALTH
IN THE COVID-19 PANDEMIC

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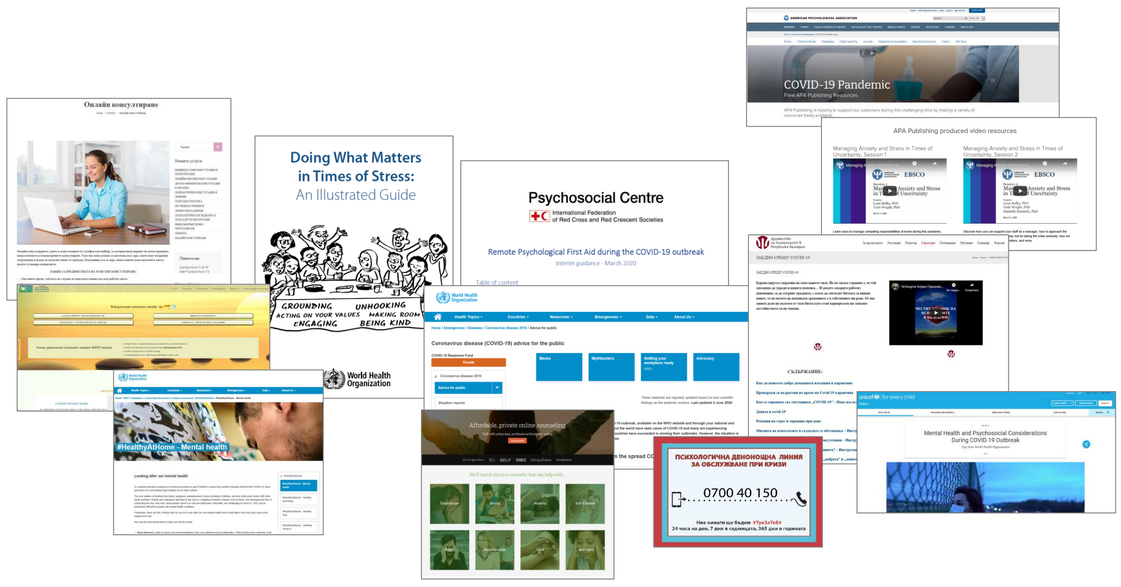
Mental Health Facts

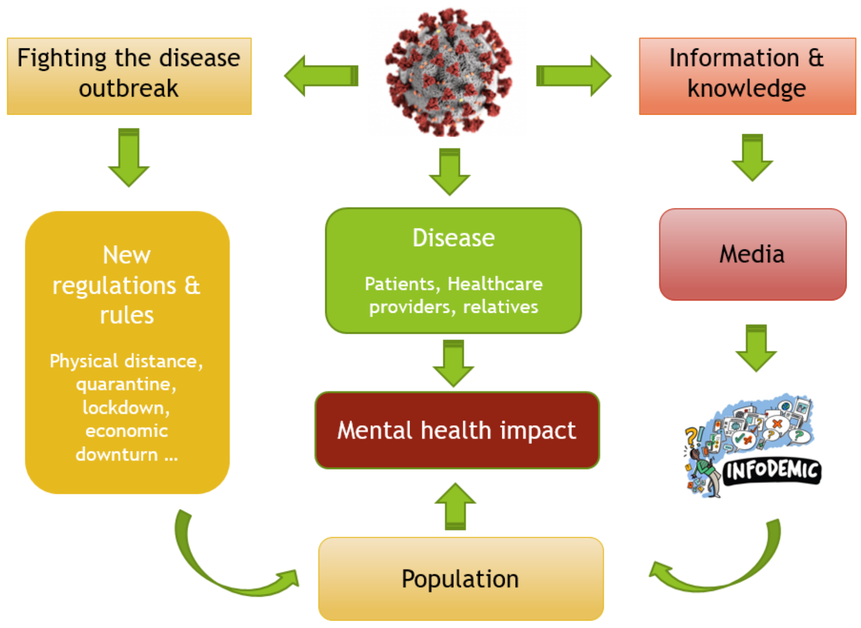
- Mental, neurological and substance use disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden;
- ~1 in 5 children and adolescents have a mental disorder. Half of the mental disorders begging before the age of 14;
- Depression is one of the leading causes of disability, affecting 264 million people. The global economy loses ~ 1 trillion US$ per year in productivity due to depression and anxiety;
- Suicide is an extreme but not uncommon outcome for people with untreated mental disorders. 800 000 die due to suicide every year (approximately 1 person every 40 sec);
- People with severe mental disorders die 10 to 20 years earlier that the general population.
- Financing: <2% of the global median of the health budget.
- Human resources: 9 mental health workers per 100 000. Rates vary from 2 per 100 000 population in low income countries to >70 per 100 000 population in high income countries.

ICT for Mental health in COVID Pandemic

The utilization of information and communication technologies (ICT) for remote mental health support is inevitable part of eHealth. Tele-mental health counselling and therapy offer help to those who need it, no matter where they are and at what time of the day or night this happens. It has proven its potential supporting participants of Arctic expeditions and space missions - both at the Mir Space Station and in the International Space Station (ISS) as well as during ground-based psychosocial isolation experiments as MARS-500 and Moon experiments.

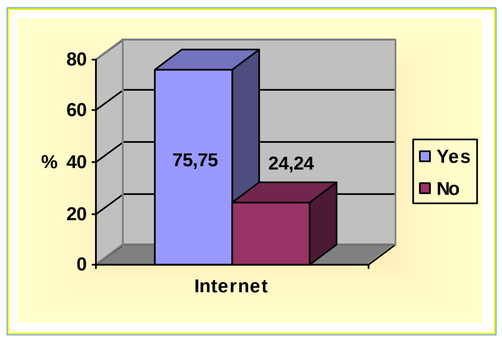


COVID-19 Impact on Mental Health

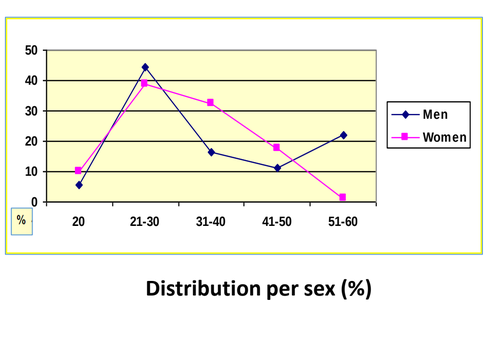


Anonymous online survey, 375 subjects, age 20 – 60+

Acceptance of virtual mental health support

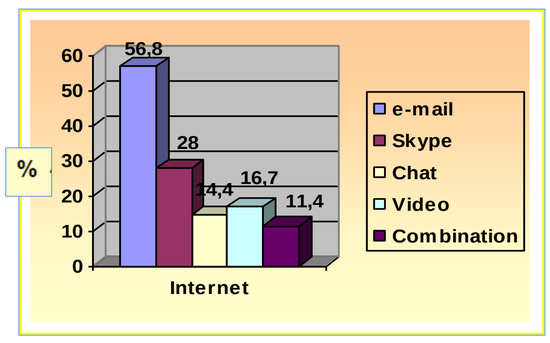


Readiness to use Internet for mental health support (%)

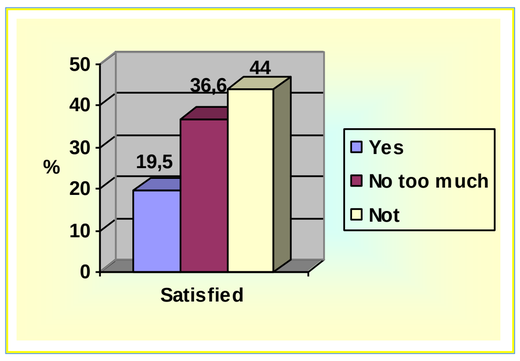


Distribution per sex (%)

Most significant psychological reactions in the general population related to COVID-19

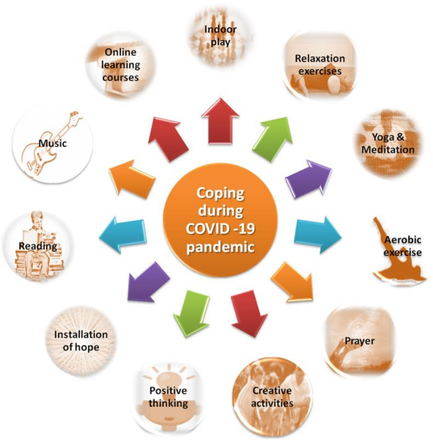


Preferred communication channel (%)



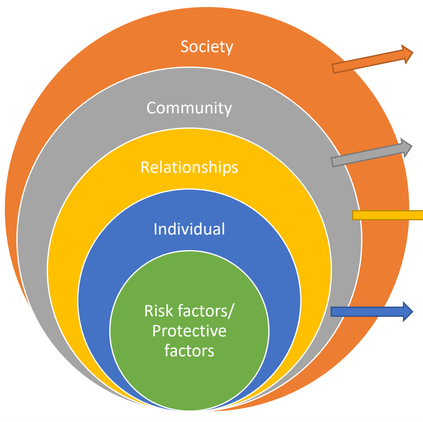
What is next

Copying strategies



Suicide Prevention

Annual global age-standardized suicide rate - 10.5 per 100 000



Risk: Barriers to accessing healthcare; access to suicidal means, stigma – help seeking …
Protect: Effective mental health care; legislations concerning economy, social inequalities; welfare measures, healthcare accessibility

Risk: Stress, discrimination, isolation …
Protect: Social integration, prevention, and recreational programs

Risk: Loneliness, loss, relationship conflict, trauma, abuse
Protect: Strong personal relationships

Risk: Mental disorders, use of alcohol, drugs, financial & job loss, chronic diseases …
Protect: Life skills and practice (problem solving, positive coping, ability to adapt); religion or spiritual belief, food and diet, physical activity

Online intervention methods

Self-management
- Popular science reading
- Online health education courses
- Online mental health self-education & skills training (incl. copying strategies) …

Consultations
- Telephone & hotlines
- Psychological consultation
- Physician
- Psychiatrist

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