COVID-19: impact on mental health

September 18th 2020

**Title:** Mental health and wellbeing in the time of coronavirus – tracking the impact

Public Health England | 9th September 2020

Public Health England's (PHE) new surveillance report provides a close to real-time picture of the impact COVID-19 is having on our mental health and wellbeing. This blog explains what and how data is collected and analysed, and what the emerging findings are telling us.

Full detail: [Mental health and wellbeing in the time of coronavirus – tracking the impact](https://publichealthmatters.blog.gov.uk/2020/09/09/mental-health-and-wellbeing-in-the-time-of-coronavirus-tracking-the-impact/)

See also: [COVID-19: mental health and wellbeing surveillance report](https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report)

**Title**: The NHS workforce strategy in context

Centre for Mental Health | 11th September 2020

There is growing evidence that demand for mental health support will increase in the wake of the Covid-19 pandemic. In order to respond to this demand and deliver existing commitments to grow mental health services as part of the NHS Long Term Plan, more mental health practitioners must be recruited.

This short briefing explores the recently published interim NHS workforce strategy, *We are the NHS: People Plan 2020/21 - action for us all*, and looks ahead to the upcoming Comprehensive Spending Review to discuss the opportunities and challenges which lie ahead.

The briefing discusses the significant gaps between targets for workforce expansion set by successive workforce strategies and current progress on recruitment. It highlights the need to invest in recruitment and to protect workforce wellbeing within the NHS. And it advocates for Government and local systems to look further afield at the contribution, growth and sustainability of the non-NHS workforce, especially within voluntary and community sector providers which are facing unprecedented strain.

Full briefing: [The NHS workforce strategy in context](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMH_NHSWorkforceStrategy_0.pdf)

**TITLE:** COVID-19: GUIDANCE FOR THE PUBLIC ON MENTAL HEALTH AND WELLBEING

Public Health England | updated 14 September 2020

Advice and information on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

Full detail: [Guidance for the public on mental health and wellbeing](guidance%20for%20the%20public%20on%20mental%20health%20and%20wellbeing)

**Title:** Funding boost for community mental health initiatives

NHS England | 13th September 2020

Community initiatives including mental health first aid training for barbers, and counselling for bereaved relatives, are set to benefit from a £10 million funding boost.

A dedicated support package has been provided to local NHS, public health teams and voluntary organisations across England to strengthen suicide prevention plans and provide practical and emotional support to friends and family who have lost a loved one to suicide.  The funding will be used to set up tailored projects to care for people in high-risk and vulnerable groups such as those who self-harm, middle-aged men and hospital patients with mental health illnesses.

Full detail at [NHS England](https://www.england.nhs.uk/2020/09/training-for-barbers-to-spot-warning-signs-of-mental-health-problems/)

**Title:** The psychological impact of COVID-19 and other viral epidemics on frontline healthcare workers and ways to address it

Brain, Behavior, & Immunity – Health | published online 17 September 2020

Highlights:

* Frontline health care workers (HCWs), especially females and nurses, are amongst the most vulnerable groups at risk of mental health problems, especially during severe viral epidemics.
* Fear of uncertainty or becoming infected were at the forefront of the psychological challenges faced.
* Several studies demonstrated an increased risk of acquiring a trauma or stress-related disorder, depression and anxiety.
* Coping strategies varied between sociocultural settings and appeared to differ amongst HCWs of different disciplines.

Full paper: [The psychological impact of COVID-19 and other viral epidemics on frontlinehealthcare workers and ways to address it: A rapid systematic review](https://reader.elsevier.com/reader/sd/pii/S2666354620301095?token=4066515BA2E86DFEA60CD1E42CABE771C29B67F0152C00C5CC7ED41672F46DE5A3E30330F2A6F2DB1163506265F54BA2)

Implemented measures, and recommendations for reducing psychological risks consistently highlighted the need for adequate psychosocial support and clear dissemination of disease-related information.

**Title:**  Psychological safety in a world of Covid-19

National Health Executive | 17th September 2020

This blog post from Catherine Harrison, Policy Advisor at NHS Providers explores the importance of psychological safety, its role as a foundation for wellbeing and patient safety, and why it matters now and into the future.

Full piece: [Psychological safety in a world of Covid-19](http://www.nationalhealthexecutive.com/Health-Care-News/psychological-world-patient-safety-day-nhs-providers)

**Title:**  Association between mental illness and COVID-19 susceptibility and clinical outcomes in South Korea: a nationwide cohort study

The Lancet Psychiatry | published 17th September 2020

Evidence for the associations between mental illness and the likelihood of a positive severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) test result and the clinical outcomes of COVID-19 is scarce. This paper aimed to investigate these associations with data from a national register in South Korea.

The authors found that diagnosis of a mental illness was not associated with increased likelihood of testing positive for SARS-CoV-2. Patients with a severe mental illness had a slightly higher risk for severe clinical outcomes of COVID-19 than patients without a history of mental illness. Clinicians treating patients with COVID-19 should be aware of the risk associated with pre-existing mental illness.

Full paper: [Association between mental illness and COVID-19 susceptibility and clinical outcomes in South Korea: a nationwide cohort study](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930421-1)

We

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We also produce a range of subject-specific news feeds to ensure our clinical and professional teams stay up to date with developments in their work areas. Please visit our [website](http://www.trftlibraryknowledge.com/) for more information

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