COVID-19: impact on mental health

26th June 2020

**Title**: Life after lockdown: tackling loneliness among those left behind

Source: British Red Cross | June 2020

The British Red Cross has published its report, Life after lockdown: tackling loneliness among those left behind. The report draws on findings from a collection of national-level polling, interviews and evaluations from British Red Cross services during Covid-19.

The report highlights that although social distancing and lockdown measures will continue to be eased, loneliness will remain. And for those most left behind, it may continue to grow.

To truly meet the challenge ahead, policy makers and civil society must now consider recovery and refocus our efforts on supporting those most affected by this crisis.

Full report: [Life after lockdown: tackling loneliness among those left behind](https://www.redcross.org.uk/-/media/documents/about-us/research-publications/health-social-care-and-support/life-after-lockdown-tackling-loneliness-among-those-left-behind-report.pdf)

See also: [Report recommendations: an overview](https://www.redcross.org.uk/-/media/documents/about-us/research-publications/health-social-care-and-support/life-after-lockdown-detailed-policy-recommendations.pdf)

**TITLE**: GUIDANCE FOR PARENTS AND CARERS ON SUPPORTING CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH AND WELLBEING DURING THE CORONAVIRUS (COVID-19) PANDEMIC

Source: Public Health England | Updated 16th June 2020

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children and young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) pandemic.

Full guidance at [Public Health England](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak)

**TITLE:**  GPS PREDICT ‘HUGE SURGE’ IN PATIENTS WITH POST TRAUMATIC STRESS DISORDER DUE TO COVID-19

Source: RCGP | 21st June 2020

GPs are adapting the techniques they use to diagnose and care for veterans with Post Traumatic Stress Disorder in readiness for a ‘huge surge’ in patients with the condition as a result of COVID-19.

Previous pandemics including SARS and Swine flu (H1N1) have resulted in an increase in stress symptoms, incidence of PTSD, depression and adjustment disorders within communities.

During the current lockdown, GPs are already anecdotally reporting a rise in the number of patients with anxiety, depression and trauma symptoms, particularly in those who have pre-existing physical and mental health conditions – and they predict that this will escalate rapidly as lockdown restrictions are lifted and patients try to deal with their experiences.

Full detail: [GPs predict ‘huge surge’ in patients with Post Traumatic Stress Disorder due to COVID-19](https://www.rcgp.org.uk/about-us/news/2020/june/gps-predict-huge-surge-in-patients-with-post-traumatic-stress-disorder-due-to-covid-19.aspx)

**TITLE** GUIDANCE FOR THE PUBLIC ON THE MENTAL HEALTH AND WELLBEING ASPECTS OF CORONAVIRUS (COVID-19)

Source: Public Health England | updated 16th June

This guide provides advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

Guidance on [supporting children and young people’s mental health and wellbeing](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing) is also available.

Full detail: [Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)

**Title:** The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19

Source: Journal of the American Academy of Child & Adolescent Psychiatry (pre-print) | June 2020

Disease containment of COVID-19 has necessitated widespread social isolation. This review aimed to establish what is known about how loneliness and disease containment measures impact on the mental health in children and adolescents.

The authors conclude that children and adolescents are probably more likely to experience high rates of depression and probably anxiety during and after enforced isolation ends. This may increase as enforced isolation continues. Clinical services should offer preventative support and early intervention where possible and be prepared for an increase in mental health problems.

Full article: [Rapid Systematic Review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19](https://jaacap.org/article/S0890-8567(20)30337-3/pdf)

**TITLE**: CHILDREN IN LOCKDOWN: THE CONSEQUENCES OF THE CORONAVIRUS CRISIS FOR CHILDREN LIVING IN POVERTY

Source: The Childhood Trust | June 2020

This report warns that children are developing serious mental health conditions, including post-traumatic stress, because of the coronavirus pandemic and that disadvantage is leaving children extremely vulnerable during the crisis.

Full report: [Children in lockdown: the consequences of the coronavirus crisis for children living in poverty](https://view.publitas.com/the-childhood-trust/children-in-lockdown-the-childhood-trust-report-june-2020/page/1)

**Title:** Recognising and addressing the impact of COVID-19 on obsessive-compulsive disorder

Source: The Lancet Psychiatry | July 2020

This comment piece suggests that people who are susceptible to obsessive-compulsive disorder receive specific information, with regard to responding to COVID-19, on the need for effective handwashing, the risk of inadvertently causing harm to others, appropriate procedures for information-seeking, and risk estimates of contracting the illness and dying from it.

Full comment piece: [Recognising and addressing the impact of COVID-19 on obsessive-compulsive disorder](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930222-4)

**Title**: Neurological and neuropsychiatric complications of COVID-19 in 153 patients: a UK-wide surveillance study

Source: The Lancet Psychiatry | 25th June 2020

Concerns regarding potential neurological complications of COVID-19 are being increasingly reported, primarily in small series. Larger studies have been limited by both geography and specialty. Comprehensive characterisation of clinical syndromes is crucial to allow rational selection and evaluation of potential therapies. The aim of this study was to investigate the breadth of complications of COVID-19 across the UK that affected the brain.

To our knowledge, this is the first nationwide, cross-specialty surveillance study of acute neurological and psychiatric complications of COVID-19. Altered mental status was the second most common presentation, comprising encephalopathy or encephalitis and primary psychiatric diagnoses, often occurring in younger patients. This study provides valuable and timely data that are urgently needed by clinicians, researchers, and funders to inform immediate steps in COVID-19 neuroscience research and health policy.

Full article: [Neurological and neuropsychiatric complications of COVID-19 in 153 patients: a UK-wide surveillance study](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930287-X)

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