COVID-19: impact on mental health

16th April 2021

**Title:** COVID-19 mental health support programme made free for all

Health Tech Newspaper | April 8th 2021

A digital mental health platform is to be made free for all . Silver Cloud is  an informative online therapy programme proven to help support mental health. The ‘Our Space From Covid programme’ is made up of six modules, each addressing issues you may be experiencing due to the COVID-19 Pandemic.

Each module provides clinically-backed support for trouble sleeping, coping with stress, developing mindfulness, financial worries and experiencing grief and loss. SilverCloud is now offering this service completely free of charge and for anyone to use. The average module takes 30 minutes to complete and is accessible 24/7 from a smartphone, tablet or computer.

Full details about the programme are available from [HTN](https://htn.co.uk/2021/04/08/covid-19-mental-health-support-programme-made-free-for-all/)

Silver Cloud: [Our Space from Covid](https://www.silvercloudhealth.com/uk/landing-page/space-from-covid#space-from-covid)

**Title:** Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries

The Lancet Psychiatry | 13th April 2021

The COVID-19 pandemic is having profound mental health consequences for many people. Concerns have been expressed that, at their most extreme, these consequences could manifest as increased suicide rates. This study aimed to assess the early effect of the COVID-19 pandemic on suicide rates around the world.

This is the first study to examine suicides occurring in the context of the COVID-19 pandemic in multiple countries. In high-income and upper-middle-income countries, suicide numbers have remained largely unchanged or declined in the early months of the pandemic compared with the expected levels based on the pre-pandemic period. We need to remain vigilant and be poised to respond if the situation changes as the longer-term mental health and economic effects of the pandemic unfold.

Full paper: [Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900091-2)

See also: [Suicide rates were static in rich countries in first months of pandemic, study finds](https://www.bmj.com/content/373/bmj.n977)

**Title:** Unemployment and mental health: Why both require action for our COVID-19 recovery

The Health Foundation | 16th April 2021

Unemployment has a detrimental impact on mental health, as does poor quality employment. This article is concerned mainly with unemployment and mental health. Entering the pandemic, unemployment in the UK was at a historic low, but has since begun to rise, and is expected to rise further, as a result of pandemic restrictions.

Two areas that have felt the continued impact of those restrictions are the UK’s labour market and the mental health of the population. The complex connection between mental health and unemployment means that systems designed to address one area must not neglect the other area.

Despite the extension of the Coronavirus Job Retention Scheme to the end of September, the unemployment rate is still projected to reach a 7-year high by the end of 2021. Policies announced in the Budget are rightly focused on economic recovery and tackling the expected rise in unemployment. However, their impact will fall short unless they also tackle the mental health consequences of the pandemic and unemployment.

Full detail: [Unemployment and mental health: Why both require action for our COVID-19 recovery](https://www.health.org.uk/publications/long-reads/unemployment-and-mental-health)

**Title:** Covid-19 pandemic likely have 'profound' effect on mental health

BBC | 15th April 2021

Mental health problems associated with the Covid-19 pandemic are "likely to be profound and felt for many years". That is according to a newly-published research paper on suicide from the Northern Ireland Assembly. It said there was "emerging" evidence the mental health of younger people in particular had been "disproportionately affected".

The paper, produced by the assembly's research and information service, said the "increased mental health burden associated with the Covid-19 pandemic is likely to be profound and felt for many years".

"Restrictive measures put in place during the pandemic coupled with, for example, loneliness, job and income loss, bereavement, and the direct or indirect impacts of Covid-19 has led to increased levels of anxiety and had a negative effect on many people's mental health," it said.

"The pandemic has also been shown to affect subsections of the population differently, for example, front-line workers, those hospitalised by Covid or suffering post-infection, and those with fewer social or economic resources.

Full news story: [Covid-19 pandemic likely have 'profound' effect on mental health](https://www.bbc.co.uk/news/uk-northern-ireland-56736593)

**Title:** mental health of health care workers in the COVID-19 pandemic

World Health Organisation | 12th April 2021

A short film produced by the WHO Regional Office for Europe shows health care workers talking about the mental health and well-being challenges they have been facing while caring for patients during the COVID-19 pandemic.

Beyond the physical impact of the pandemic on societies worldwide, studies are warning of the negative effects on people’s mental health. The main psychological consequences to date appear to be elevated levels of stress or anxiety, loneliness, insomnia, and depression.

Further detail[: Frontline stories: mental health of health care workers in the COVID-19 pandemic](https://www.euro.who.int/en/countries/spain/news/news/2021/4/frontline-stories-mental-health-of-health-care-workers-in-the-covid-19-pandemic)

**Title:** Psychological resilience, coping behaviours, and social support among healthcare workers during the COVID‐19 pandemic

Journal of Nursing Management | 12 April 2021

A wide range of evidence has shown that healthcare workers, currently on the frontlines in the fight against COVID-19, are not spared from the psychological and mental health-related consequences of the pandemic.

The aim of this paper wasto appraise and synthesize studies examining resilience, coping behaviours, and social support among healthcare workers during the coronavirus pandemic. A total of 31 articles were included in the review.

The review found that healthcare workers utilized both problem-centred and emotion-centred coping to manage the stress-associated with the coronavirus pandemic. Coping behaviours, resilience, and social support were associated with positive mental and psychological health outcomes.

The authors conclude that substantial evidence supports the effectiveness of coping behaviours, resilience, and social support to preserve psychological and mental health among healthcare workers during the COVID-19 pandemic.

In order to safeguard the mental health of healthcare workers during the pandemic, hospital and nursing administrators should implement proactive measures to sustain resilience in HCWs, build coping skills, and implement creative ways to foster social support in healthcare workers through theory-based interventions, supportive leadership, and fostering a resilient work environment.

Full article: [Psychological resilience, coping behaviours, and social support among healthcare workers during the COVID‐19 pandemic: A systematic review of quantitative studies](https://onlinelibrary.wiley.com/doi/epdf/10.1111/jonm.13336)

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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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