COVID-19: impact on mental health

 9th October 2020

**Title:** How mental health charities are responding to Covid-19

Centre for Mental Health | 7th October 2020

Covid-19 has put extra pressure on many people’s mental health, and charities that provide helplines or support have reported increasing demands for help. Mental health organisations have had to quickly adapt their services to meet these needs and find ways of meeting additional demand with reduced resources. Charities that do not provide direct support have also been working hard to highlight the mental health impact of the pandemic and ensure people with mental health difficulties are considered in Government policy at every turn.

This short briefing summarises the activities of a group of seventeen national mental health organisations that have been working together to respond to the Covid-19 crisis in England since March 2020. The report outlines the ways in which our organisations have sought to understand and act on the mental health impacts and implications of Covid-19, the issues that we are all concerned about, and the steps each organisation is taking to support people’s mental health during the crisis.

Full briefing: [How mental health charities are responding to Covid-19](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMentalHealth_SectorVoicePaper.pdf)

**Title:** The impact of COVID-19 on mental, neurological and substance use services

World Health Organisation | 6th October 2020

This report of a survey completed by 130 countries during the period June-August 2020 provides information about the extent of disruption to mental, neurological and substance use services due to COVID-19, the types of services that have been disrupted, and how countries are adapting to overcome these challenges.

[The impact of COVID-19 on mental, neurological and substance use services. Results of a rapid assessment](https://apps.who.int/iris/rest/bitstreams/1310579/retrieve)

**Title**: Prevalence, management, and outcomes of SARS-CoV-2 infections in older people and those with dementia in mental health wards in London

The Lancet Psychiatry | 5th October 2020

People living in group situations or with dementia are more vulnerable to infection with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Older people and those with multimorbidity have higher mortality if they become infected than the general population. However, no systematic study exists of COVID-19-related outcomes in older inpatients in psychiatric units, who comprise people from these high-risk groups.

The authors aimed to describe the period prevalence, demographics, symptoms (and asymptomatic cases), management, and survival outcomes of COVID-19 in the older inpatient psychiatric population and people with young-onset dementia in five National Health Service Trusts in London, UK, from March 1 to April 30, 2020.

The study found that patients in psychiatric inpatient settings who were admitted without known SARS-CoV-2 infection had a high risk of infection with SARS-CoV-2 compared with those in the community and had a higher proportion of deaths from COVID-19 than in the community.

Implementation of the long-standing policy of parity of esteem for mental health and planning for future COVID-19 waves in psychiatric hospitals is urgent.

Full paper: [Prevalence, management, and outcomes of SARS-CoV-2 infections in older people and those with dementia in mental health wards in London, UK: a retrospective observational study](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930434-X)

**TITLE:** THE INTERSECTION OF COVID-19 AND MENTAL HEALTH

The Lancet Infectious Diseases | 8th October 2020

On Oct 6, 2020, WHO published the results of a survey of the impact of COVID-19 on mental, neurological, and substance use (MNS) services in 130 WHO Member States, ahead of World Mental Health Day on Oct 10.

The survey revealed that most countries are experiencing some disruption to MNS services, with the greatest impact on community-based and prevention and promotion services. Reasons for disruption included an insufficient number or redeployment of health workers to the COVID-19 response (in 30% of countries), use of mental health facilities as COVID-19 quarantine or treatment facilities (in 19% of countries), and insufficient supply of personal protective equipment (in 28% of countries).

Although 116 (89%) countries reported that mental health and psychological support was part of their national COVID-19 response plans, only 17% said they had committed additional funding for this.

This report comes on the back of mounting evidence that the COVID-19 pandemic is having monumental effects on the mental health and wellbeing of populations worldwide. With seemingly low capacity to respond, it is unclear how the world will deal with this looming mental health crisis.

Full detail: [The intersection of COVID-19 and mental health](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099%2820%2930797-0/fulltext)

**Title:** Mental health: time to invest in quality

The Lancet | 10th October 2020

During a pandemic, good mental health is more important than ever. Without a focus on mental health, any response to COVID-19 will be deficient, reducing individual and societal resilience, and impeding social, economic, and cultural recovery.

2020 has been a difficult year for mental health. The threat of infection, repeated lockdowns, social isolation, and economic uncertainty have created widespread fear and anxiety. A [Rapid Review](https://www.thelancet.com/article/S0140-6736%2820%2930460-8/fulltext) published in *The Lancet* showed the negative psychological effects of enforced quarantines.

Many people who previously thought themselves unaffected by mental health issues have discovered that they, too, are vulnerable. Those with pre-existing mental health conditions have often found their difficulties increased. The precise neurological and psychiatric consequences of infection, meanwhile, remain unknown but demand careful monitoring.

This editorial explores what investment is needed from governments and non-governmental organisations to mitigate the mental health impact of COVID-19 and, more importantly, to improve mental health globally?

Full detail: [Mental health: time to invest in quality](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2932110-3)

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[TRFT Library & Knowledge Service](https://www.trftlibraryknowledge.com/) aim to bring together the latest guidelines, research and news on Covid-19 through our [Covid-19 portal](https://www.trftlibraryknowledge.com/coronavirus.html). For daily updates on Covid-19 visit our '[Latest Health](https://trfthealthweeklydigest.wordpress.com/)' newsfeed, or use the hashtag [#covid19rftlks](https://twitter.com/hashtag/covid19rftlks?src=hashtag_click) to see our latest tweets on Covid-19 research, guidelines and news.

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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