COVID-19: impact on mental health

June 2020

**Reports**

**TITLE:**  COVID-19 AND THE NATION’S MENTAL HEALTH: FORECASTING NEEDS AND RISKS IN THE UK

Source: Centre for Mental Health | 15th May 2020

This briefing looks at specific groups of people whose mental health will be put at risk as a result of the virus and the lockdown. These include people who have been bereaved at this time, those who have received intensive hospital treatment for the virus, and staff working in health and care services. Many people who have been through these experiences will experience serious grief and trauma symptoms over a long period of time.

The briefing also notes that some groups of people face an especially high risk to their mental health. They include people facing violence and abuse, people with long-term health conditions, and people from Black, Asian and minority ethnic communities. People with existing mental health difficulties also face significant risks that their health will worsen at this time.

Full report: [Covid-19 and the nation’s mental health](https://www.centreformentalhealth.org.uk/sites/default/files/2020-05/CentreforMentalHealth_COVID_MH_Forecasting_May20.pdf)

**Title**: Loneliness, social isolation and COVID-19: practical advice

Source: Local Government Agency | published 21st May

The LGA and Association of Directors of Public Health (ADPH) have jointly produced this practical advice for Directors of Public Health and others leading the response to the loneliness and social isolation issues arising from the COVID-19 pandemic.

Intervening early to tackle loneliness and social isolation during the COVID-19 pandemic and beyond will help to prevent more costly health and care needs from developing, as well as aiding community resilience and recovery. This can only be done at the local level through partnerships between the council, voluntary and community sector, councillors, primary care networks and relevant others. Councils have a key role to play in this, because they own most of the assets where community action could or should take place, such as parks, libraries and schools, with councillors creating the localised neighbourhood partnerships to deal with a range of mental and physical health issues. There is also an opportunity to harness and develop the positive changes that we are seeing, such as greater awareness about the impact of personal behaviours on mental wellbeing.

Full document: [Loneliness, social isolation and COVID-19: practical advice](https://www.local.gov.uk/sites/default/files/documents/Loneliness%20social%20isolation%20and%20COVID-19%20WEB.pdf)

**Title:** The impact of COVID-19 on mental health trusts in the NHS

Source: NHS Providers | 3rd June 2020

NHS trusts providing mental health and learning disability services have been playing a critical role, both to maintain services and to respond to the current environment alongside their colleagues in the acute, community ambulance and primary care sectors. While the main public, media and political focus has been on the impact of COVID-19 on hospitals, it is important to put the spotlight on what is happening in other parts of the NHS frontline.

This briefing sets out the immediate challenge of COVID-19 for mental health trusts, how the sector has responded and what is needed to navigate the next phase.

Full briefing: [Spotlight on… The impact of COVID-19 on mental health trusts in the NHS](https://nhsproviders.org/media/689590/spotlight-on-mental-health.pdf)

**Title:** COVID-19: Looking after your mental health during pregnancy and after birth

Source: Maternal Mental Health Alliance | 7th May 2020

This is understandably a difficult and stressful time for many people. And it may be particularly so if you are pregnant or have recently had a baby. This is why it’s important to take care of yourself and use support services if you have any concerns about your health or your baby’s health.

To help you do this, the Maternal Mental Health Alliance have created the following guidance:

* [Mental health and wellbeing tips for women who are pregnant or have recently given birth during the pandemic](https://maternalmentalhealthalliance.org/resources/mums-and-families/covid-19-looking-after-your-mental-health-during-pregnancy-and-after-birth/covid-19-mental-health-and-wellbeing-tips-for-women-who-are-pregnant-or-have-recently-given-birth/)
* [Guidance if you are concerned that you or a loved one are unwell with a maternal mental health problem during the pandemic](https://maternalmentalhealthalliance.org/resources/mums-and-families/covid-19-looking-after-your-mental-health-during-pregnancy-and-after-birth/covid-19-guidance-if-you-are-concerned-that-you-or-a-loved-one-are-unwell-with-a-maternal-mental-health-problem/)

**TITLE**: TRAUMA, MENTAL HEALTH AND CORONAVIRUS: SUPPORTING HEALING AND RECOVERY

Source: Centre for Mental Health | May 2020

The Centre for Mental Health has released a briefing that empahsises that when the acute phase of the physical health crisis has passed, addressing these social and psychological consequences of coronavirus must be made a priority. Careful thought needs to be given to how we can repair the social fabric and support those who have experienced the most distress. A trauma-informed approach to both collective and individual recovery will be needed.

Full document at [Centre for Mental Health](https://www.centreformentalhealth.org.uk/sites/default/files/2020-05/CentreforMentalHealth_Briefing56_Trauma_MH_Coronavirus_2.pdf)

**Title**: PUBLIC MENTAL HEALTH AND WELLBEING AND COVID-19

Source: Local Government Association

The LGA and the Association of Directors of Public Health (ADPH) have jointly produced this briefing for Directors of Public about the public mental health and wellbeing issues arising from the Covid-19 outbreak. Effective responses to the public mental health and wellbeing impact of Covid-19 will be essential to sustain the measures necessary to contain the virus and aid recovery.

Full document: [Public Mental Health and wellbeing and Covid-19](https://local.gov.uk/sites/default/files/documents/Public%20mental%20health%20and%20wellbeing%20and%20COVID-19-1.pdf)

**Title:** Coronavirus: Impact on Young People with Mental Health Needs

Source: YoungMinds | March 2020

YoungMinds carried out a survey with young people with a history of mental health needs between Friday 20 March 2020 (the day that schools closed to most children) and Wednesday 25 March 2020 (when there had been a further tightening of restrictions) in order to establish the impact of the pandemic on their mental health and on their ability access to support. The survey also asked respondents about helpful and unhelpful coping strategies, and for advice to other young people.

The report found that the coronavirus and the public health measures designed to prevent its spread are having a profound effect on many young people with a history of mental health problems. When asked what impact the pandemic was having:

* 32% agreed that it had made their mental health much worse
* 51% agreed that it had made their mental health a bit worse
* 9% agreed that it made no difference to their mental health
* 6% said that their mental health had become a bit better
* 1% said that their mental health had become much better

Full report: [Coronavirus: Impact on Young People with Mental Health Needs](https://youngminds.org.uk/media/3708/coronavirus-report_march2020.pdf)

**Title:** Life Under Lockdown: Coronavirus In The UK

Source: King’s College London | April 2020

The survey is based on 2,250 interviews with UK residents aged 18-75, and was carried out between 1 and 3 April 2020. The survey found that the threat from the virus and restrictions on behaviour are having an impact on some people’s wellbeing:

• Half of people say they have felt more anxious or depressed than normal as a result of coronavirus.  
• 38% have slept less or less well than normal.  
• 35% have eaten more food or less healthy food than normal.  
• 19% have drunk more alcohol than normal.  
• 19% have argued more with their family or housemates than normal.  
• 6% have phoned a counselling or support service.  
• 25% of people are checking social media several times a day for updates on coronavirus, and 7% are checking once an hour or more.

However, people are supporting each other more:  
• 60% have offered help to others, and 47% have received help from others.  
• 6% say they have signed up to NHS Volunteer Responders, and a further 11% say they will.

Full publication: [Life Under Lockdown: Coronavirus In The UK](https://www.kcl.ac.uk/policy-institute/assets/coronavirus-in-the-uk.pdf)| King’s College London

**Title**: Understanding people’s concerns about the Mental Health impacts of the COVID-19 Pandemic

Source: Academy of Medical Sciences (AMS) | April 2020

The AMS, together with the research charity MQ: Transforming Mental Health, are working with researchers and those with lived experience to ensure that mental health is at the heart of research into the impacts of COVID-19.

This report describes the findings of a consultation undertaken in late March 2020, the week that the Prime Minister announced the UK lockdown in response to the COVID-19 pandemic.

Full report: [Survey Results: Understanding people’s concerns about the Mental Health impacts of the COVID-19 Pandemic](https://acmedsci.ac.uk/file-download/99436893)

**Title**: Mental health and psychosocial considerations during the COVID-19 outbreak

Source: World Health Organisation | March 2020

The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

Full document: [Mental health and psychosocial considerations during the COVID-19 outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)

**Title**: Implications of the broader impacts of Covid19 for healthcare

Source: The Strategy Unit | 29th May 2020

Emerging evidence suggests long -term effects for Covid -19 patients. However, there are also impacts on health outcomes for the general population to consider. For example, negative impacts associated with continued stress and reduced physical activity but potentially also positive impacts from reported improvements in air quality. This rapid scan has been created to collate new and emerging evidence on broader health outcomes of the pandemic, providing a high level summary of some of the key insights.

Full document: [Implications of the broader impacts of Covid19 for healthcare](https://www.strategyunitwm.nhs.uk/sites/default/files/2020-05/20200529%20Evidence%20rapid%20scan%206%20-%20Implications%20of%20the%20broader%20impacts%20of%20Covid19%20for%20healthcare.pdf)

**TITLE:**  THE COVID-19 PANDEMIC, FINANCIAL INEQUALITY AND MENTAL HEALTH

Source: Mental Health Foundation | May 2020

The distribution of infections and deaths during the COVID-19 pandemic, the lockdown and associated measures, and the longer-term socioeconomic impact are likely to reproduce and intensify the financial inequalities that contribute towards the increased prevalence and unequal distribution of mental ill-health. This briefing discusses the mental health effects of these financial inequalities in the context of the COVID-19 pandemic.

Full briefing: [The covid-19 pandemic, financial inequality and mental health](https://www.mentalhealth.org.uk/sites/default/files/MHF-covid-19-inequality-mental-health-briefing.pdf)

**Title**: The mental health effects of the first two months of lockdown and social distancing in the UK

Source: Institute for Fiscal Studies Working Paper W20/16 | 10th June 2020

This working paper found that mental health in the UK worsened substantially as a result of the Covid-19 pandemic – by 8.1% on average and by much more for young adults and for women which are groups that already had lower levels of mental health before Covid-19. Hence inequalities in mental health have been increased by the pandemic.

Even larger average effects are observed for measures of mental health that capture the number problems reported or the fraction of the population reporting any frequent or severe problems, which more than doubled for some groups such as young women.

Full document: [The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK](https://www.ifs.org.uk/uploads/The-mental-health-effects-of-the-first-two-months-of-lockdown-and-social-distancing-during-the-Covid-19-pandemic-in-the-UK.pdf)

**research**

**TITLE:** IMPACT OF CORONAVIRUS OUTBREAK ON PSYCHOLOGICAL HEALTH

Journal of Global Health. 10 (1) :010331 | published June 2020

Thispaper that argues it is imperative to evaluate and develop strategies to address psychological health and psychiatric aberrations caused by direct or indirect exposure to the situation. These strategies are specific to target the communities or entire populations as well as the individuals with psychiatric symptoms resulting from the actions taken by the government against coronavirus epidemic, viral infection, and fear of infection.

Full paper: [Impact of coronavirus outbreak on psychological health](http://jogh.org/documents/issue202001/jogh-10-010331.pdf)

**Title**: Handling uncertainty and ambiguity in the COVID-19 pandemic.

Source: Psychological Trauma: Theory, Research, Practice, and Policy | Advance online publication

The 2019 novel coronavirus outbreak is unprecedented. Yet some look to ready-made models to address it. This creates confusion about more adaptive responses that reflect an uncertain and ambiguous context. Those assessing associated mental health challenges must be wary of overdiagnosis. Handling the pandemic well, requires engaging the public as mature partners.

Further detail: [Handling uncertainty and ambiguity in the COVID-19 pandemic.](https://psycnet.apa.org/doiLanding?doi=10.1037%2Ftra0000713)

**Title**: Global mental health and COVID-19

Source: The Lancet Psychiatry | 2nd June 2020

The COVID-19 pandemic has disrupted the delivery of mental health services globally, particularly in many lower-income and middle-income countries (LMICs), where the substantial demands on mental health care imposed by the pandemic are intersecting the already fragile and fragmented care systems. The global concern regarding the psychosocial consequences of COVID-19 has led major funding bodies and governments to increasingly call for proposals to address these effects.

Full document: [Global mental health and COVID-19](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930235-2)

**Title**: How mental health services are adapting to provide care in the pandemic

Source: BMJ 369: m2106| 2nd June 2020

As the NHS rapidly ramped up critical care capacity to deal with the surge of severely ill covid-19 patients, other specialties quickly had to rethink how to manage routine care while avoiding face-to-face contact with patients when possible. For mental health services this has meant a host of changes, the biggest being the rapid adoption of video and phone consultations— an approach that had rarely been used in a field where relationships and trust between clinicians and patients are vital, and where body language and eye contact are a key part of assessment.

Full detail: [How mental health services are adapting to provide care in the pandemic](https://www.bmj.com/content/bmj/369/bmj.m2106.full.pdf)

**TITLE**: MITIGATING THE PSYCHOLOGICAL EFFECTS OF SOCIAL ISOLATION DURING THE COVID-19 PANDEMIC

Source: BMJ | 2020; 369: m1904 | published May 21st 2020

This article offers an approach to identifying and managing adults impacted by the psychological effects of social isolation during the covid-19 pandemic, and to mitigate the adverse effects of physical distancing.

Full paper: [Mitigating the psychological effects of social isolation during the covid-19 pandemic](https://www.bmj.com/content/bmj/369/bmj.m1904.full.pdf)

**Title**: The potential impact of COVID-19 on psychosis

The potential impact of COVID-19 on psychosis: A rapid review of contemporary epidemic and pandemic research | Schizophrenia Research | 6th May 2020

Abstract:

The COVID-19 outbreak may profoundly impact population mental health because of exposure to substantial psychosocial stress. An increase in incident cases of psychosis may be predicted. Clinical advice on the management of psychosis during the outbreak needs to be based on the best available evidence.

We undertook a rapid review of the impact of epidemic and pandemics on psychosis. Fourteen papers met inclusion criteria. Included studies reported incident cases of psychosis in people infected with a virus of a range of 0.9% to 4%.

Psychosis diagnosis was associated with viral exposure, treatments used to manage the infection, and psychosocial stress. Clinical management of these patients, where adherence with infection control procedures is paramount, was challenging.

Increased vigilance for psychosis symptoms in patients with COVID-19 is warranted. How to support adherence to physical distancing requirements and engagement with services in patients with existing psychosis requires careful consideration.

Full article*:*[The potential impact of COVID-19 on psychosis: A rapid review of contemporary epidemic and pandemic research](https://reader.elsevier.com/reader/sd/pii/S0920996420302577?token=7C37E83845F510669FB7B7F9AEC18792CA7FBD11ABB887623633D54D307E3C0EAD4C06D1A80711B032B427176D05977F)

**Title**: The psychological impact of quarantine and how to reduce it: rapid review of the evidence

Source: The Lancet | February 2020

A review of the psychological impact of quarantine.

Full document at [The Lancet](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8)

**Title**: The COVID-19 pandemic and its impact on mental health

Source: Progress in Neurology and Psychiatry | May 2020

Similarities exist between our past experience of viral diseases and COVID-19 concerning the mental health issues of sufferers of an epidemic, frontline health workers and the social and psychological impact on society. There is significant evidence that a novel illness such as COVID-19 can cause widespread fear, panic, anxiety and xenophobia. Dr Chakraborty explores the latest literature and what it means for mental health.

Full document: [The COVID-19 pandemic and its impact on mental health](https://www.progressnp.com/wp-content/uploads/sites/28/2020/05/Rev-Covid.pdf)

**Title**: Addressing the public mental health challenge of COVID-19

Source: The Lancet Psychiatry | 9th June 2020

The COVID-19 pandemic presents a triple global public mental health challenge: (1) to prevent an associated increase in mental disorders and a reduction in mental wellbeing across populations; (2) to protect people with a mental disorder from COVID-19, and the associated consequences, given their increased vulnerability; and (3) to provide appropriate public mental health interventions to health professionals and carers.

This challenge is compounded by the inadequate population coverage of evidence-based public mental health interventions before COVID-19, even in high-income countries. However, a key opportunity exists to mitigate this challenge through early action to increase coverage of public mental health interventions.

Full paper: [Addressing the public mental health challenge of COVID-19](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930240-6)

**Other**

**Title**: £5 million funding given to mental health community projects

Source: Department of Health & Social Care | published 29th May 2020

Community projects supporting people with their mental health during the coronavirus (COVID-19) pandemic will benefit from their share of £5 million of additional funding | Department of Health and Social Care.

* Community projects nationwide set to receive share of £5 million government investment to expand mental health support
* Cash boost will help existing services respond to global pandemic and protect nation’s wellbeing
* Funding to be delivered by mental health charity Mind

Community projects supporting people with their mental health during the coronavirus (COVID-19) pandemic are set to benefit from their share of £5 million of additional funding, Mental Health Minister Nadine Dorries has announced.

Voluntary organisations from across the country – such as local Mind organisations, Ambitious about Autism, Support After Rape and Sexual Violence, LGBT Foundation and Campaign Against Living Miserably – will receive a financial boost to expand their existing support services.

This fund is administered by Mind as part of the Mental Health Consortia, made up of Mind, the Association of Mental Health Providers, Centre for Mental Health, Mental Health Foundation, the National Survivor User Network and Rethink Mental Illness.

Full detail at [Department of Health & Social Care](https://www.gov.uk/government/news/5-million-funding-given-to-mental-health-community-projects?utm_source=7c55f848-5914-41b2-b438-8594478bfc26&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title**: Lockdown stops one in four adults getting mental healthcare

Source: Public Health England | via Health Service Journal | 23rd May 2020

One in four adults have not received the mental healthcare they need during the pandemic, while those with serious illness are reporting ‘much lower’ well-being levels compared to others

Public Health England has found evidence 25 per cent of adults needing mental health support have not been able to access it during the pandemic

Young adults and BAME communities among those who’ve reported worsening mental health

Those with serious mental illness reporting much lower levels of well-being

Full detail at [Health Service Journal](https://www.hsj.co.uk/news/lockdown-stops-one-in-four-adults-getting-mental-health-care/7027691.article)

**Title**: Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

**Title**: Coping with coronavirus: a guide for young people

<https://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people>

**Title**: How to look after your mental health during the Coronavirus outbreak

<https://www.mentalhealth.org.uk/coronavirus>

**Title**: Minding your mental health during the coronavirus pandemic

<https://www2.hse.ie/wellbeing/mental-health/covid-19/young-peoples-mental-health-during-coronavirus.html>

**Title**: Coronavirus (COVID-19): Mental health and returning to the workplace

<https://www.cipd.co.uk/knowledge/culture/well-being/supporting-mental-health-workplace-return>

[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.

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