



Volunteer Leadership Summit 2020

A green trefoil shape, which is a three-lobed leaf-like symbol, is centered on a white background. The text is white and centered within the green shape.

The Girl Scout Promise

**On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.**

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Mental Health & Coping During a Pandemic

Emily Reidford

Executive Director

Mental Health America



Mental Health Screenings

- MHA National Website
- <https://screening.mhanational.org/screening-tools>
- Screenings are free
- Not meant to self-diagnose
- Use as a tool to talk with a provider

How is Our Mental Health?

- Number of completed screenings increased by 370% from January to May, 2020
- 88, 405 ADDITIONAL positive screenings for depression & anxiety
- 54,093 classified “moderate to severe” for depression
- 34,312 classified “moderate to severe” for anxiety

How is Our Mental Health?

- Pre-Pandemic about 20% of us needed formal treatment
- Now about 41% struggle with depression and anxiety
- Per a CDC survey (6/20), about 11% of adults had seriously considered suicide
- Racial/ethnic minorities, LGBT groups & essential workers rates are much higher than national average

Impacts on the Workforce

- 56% of Americans report that stress related to COVID 19 has led to at least one negative mental health effect
- 88% of workers are experiencing moderate to extreme stress related to COVID 19
- 69% of workers (in every age group) said this is the most stressful time in their professional life
- 91% of those working from home experience moderate to severe stress

What Does this Mean?

- Pandemic could lead to an estimated 75,000 additional “deaths of despair”
- Drug overdose
- Alcohol use/misuse
- Suicide (unemployment, social isolation, lack of control, fear about virus)
- We have seen this trend locally as well

How do we Cope?

- Use the “tried and true” methods
- **Nutrition:** eat healthy foods, vices in moderation
- **Sleep:** 6-8 hrs/night, cool, dark, distraction free
- **Physical Activity:** a quick walk around the block will do the trick
- **Breathing:** deep breaths, meditation, apps

More Ideas that Work!

- **Connection:** Zoom, phone, text, talking
- **Acknowledge the Moment:** name it, be with it, let it go...
- **Communication:** be honest about where you are mentally, emotionally; ask for grace/space
- **Control what you can:** limit screen time, self-screen news, stick to a routine etc.
- **Creativity:** start a new hobby, explore nature, listen to music, journal etc.

Finding a Silver Lining

- Increased patient compliance
- Increased access to health services/telehealth
- Decreased wait-times to see a provider
- Decreased stigma for mental health
- Decreased suicides (locally July--September)
- Staggered start dates for schools
- Personal silver linings

Local Resources

- Local Suicide Prevention Hotline 812-422-1100
- National Suicide Prevention 800-273-TALK
- Text Line: text HOPE 741-741
- Deaconess Cross Pointe 812-476-7200
- Deaconess Hospital 812-450-5000
- St. Vincent Hospital 812-485-4000
- Gibson General 812-385-3401
- Southwestern 812-423-7791
- Mental Health America 812-426-2640

Contact Information

- Emily Reidford
- Mental Health America Vanderburgh County
mentalhealth@sige.com.net
812-426-2640
- Facebook: @MHAVanderburghCo
- Trainings, Support Groups, Medication Assistance, Resources & Service Navigation

References

- www.mhanational.org Screenings Page
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