



SCHOOL OF SOCIAL WORK

1010 W. Nevada Drive, MC-082
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Mental Health

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Prevalence of Mental Health Problems by Population

General Mental Health

Pfefferbaum, B., & North, C. S. (2020). Mental health and the Covid-19 pandemic. *New England Journal of Medicine*.

Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet*.

Stress in America™ 2020: Stress in the Time of COVID-19, Volume Three. (2020). Retrieved September 16, 2020, from <https://www.apa.org/news/press/releases/stress/2020/report-july>

Maternal Mental Health

Davenport, M. H., Meyer, S., Meah, V. L., Strynadka, M. C., & Khurana, R. (2020). Moms are not ok: COVID-19 and maternal mental health. *Frontiers in Global Women's Health*, 1, 1.

Preis, H., Mahaffey, B., Heiselman, C., & Lobel, M. (2020). Vulnerability and Resilience to Pandemic-Related Stress Among US Women Pregnant at the Start of the COVID-19 Pandemic. *Social Science & Medicine*, 113348.

Substance Use and Suicide Risk

Czeisler M^É, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1049–1057.

Reger MA, Stanley IH, Joiner TE. Suicide Mortality and Coronavirus Disease 2019—A Perfect Storm? *JAMA Psychiatry*. Published online April 10, 2020.

Gunnell, D., Appleby, L., Arensman, E., Hawton, K., John, A., Kapur, N., ... & Chan, L. F. (2020). Suicide risk and prevention during the COVID-19 pandemic. *The Lancet Psychiatry*, 7(6), 468-471.

Children and Adolescents

Fegert, J. M., Vitiello, B., Plener, P. L., & Clemens, V. (2020). Challenges and burden of the Coronavirus 2019 (COVID-19) pandemic for child and adolescent mental health: A narrative review to highlight clinical and research needs in the acute phase and the long return to normality. *Child and Adolescent Psychiatry and Mental Health, 14*, 1–11.

Golberstein, E., Wen, H., & Miller, B. F. (2020). Coronavirus disease 2019 (COVID-19) and mental health for children and adolescents. *JAMA Pediatrics*.

Lee, J. (2020). Mental health effects of school closures during COVID-19. *The Lancet Child & Adolescent Health, 4*(6), 421.

Healthcare Workers

Pappa, S., Ntella, V., Giannakas, T., Giannakoulis, V. G., Papoutsis, E., & Katsaounou, P. (2020). Prevalence of depression, anxiety, and insomnia among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis. *Brain, behavior, and immunity, 88*, 901–907

Older Adults

Wang, H., Li, T., Barbarino, P., Gauthier, S., Brodaty, H., Molinuevo, J. L., ... & Weidner, W. (2020). Dementia care during COVID-19. *The Lancet, 395*(10231), 1190-1191.

Armitage, R., & Nellums, L. B. (2020). COVID-19 and the consequences of isolating the elderly. *The Lancet Public Health, 5*(5), e256.

Disparities

Pirtle, W. N. L. (2020). Racial capitalism: A fundamental cause of novel coronavirus (COVID-19) pandemic inequities in the United States. *Health Education & Behavior*.

Purtle, J. (2020). COVID-19 and mental health equity in the United States. *Social psychiatry and psychiatric epidemiology, 55*(8), 969-971.

Interventions

Psychological First Aid: <https://learn.nctsn.org/course/index.php?categoryid=11>

Mental Health First Aid: <https://www.mentalhealthfirstaid.org/take-a-course/>

Mindfulness Activities for Children: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Grounding Exercises: <https://www.healthline.com/health/grounding-techniques>

<https://livingwell.org.au/well-being/mental-health/grounding-exercises/>

Resources

Suicide prevention lifeline:

<https://suicidepreventionlifeline.org/> 800-273-8255

Postpartum Support International:

<https://www.postpartum.net/> 800-944-4773

Shades of Blue Project:

<https://www.shadesofblueproject.org/> features online mental health groups for Black women

[Disaster Distress Helplineexternal icon:](#)

1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

[National Suicide Prevention Lifelineexternal icon:](#)

1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chatexternal icon](#).

[National Domestic Violence Hotlineexternal icon:](#)

1-800-799-7233 or text LOVEIS to 22522

[National Child Abuse Hotlineexternal icon:](#)

1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

[National Sexual Assault Hotlineexternal icon:](#)

1-800-656-HOPE (4673) or [Online Chatexternal icon](#)

[The Eldercare Locatorexternal icon:](#)

1-800-677-1116 [TTY Instructionsexternal icon](#)

[Veteran's Crisis Lineexternal icon:](#)

1-800-273-TALK (8255) or [Crisis Chatexternal icon](#) or text: 8388255