Coronavirus Outbreak Raises Threats to Mental Health

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Since the start of the coronavirus outbreak, crisis services are experiencing increased demand. Samaritans of Boston has reported 100 more calls per day than usual, and the national Crisis Text Line has seen their conversation volume double. Experts say loneliness from social isolation can put people at risk for mental health issues. But reaching out to friends, family, and coworkers virtually can help counter those effects. "The disruptive effects of COVID-19 provide us all with an opportunity: an opportunity to check on each other, to call and video chat, to be mindful and sensitive to the unique mental health needs of those we care for," said Hans Henri Kluge, World Health Organization regional director for Europe.

Spark Extra! Read more about crisis services [2] and responding to people in crisis [3].

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