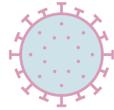


# Broward Regional Health Planning Council Fact Sheet

## Mental Health During a Large-Scale Crisis

### What constitutes a large-scale crisis?



Major Health Events (epidemics and pandemics)

Social Unrest (protests, riots)



Economic Downturns (mass unemployment, stock market drops)

Natural Disasters (hurricanes, earthquakes)



### Signs of Mental Distress



Sadness/Depression



Substance Abuse



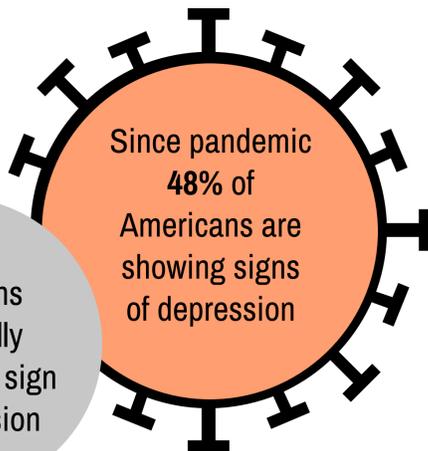
Lack of Sleep



Domestic Violence

### Covid-19 & Mental Health

#### Groups Experiencing Higher Rates of Poor Mental Health Outcomes

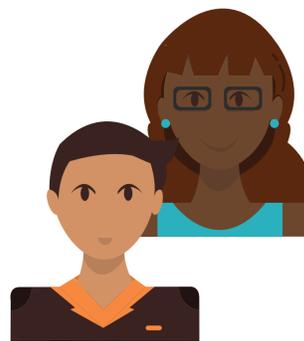


Since pandemic  
48% of  
Americans are  
showing signs  
of depression

37% of  
Americans  
historically  
show some sign  
of depression



Adults with  
pre-existing  
conditions



Latinx and Black  
populations



Women



Young adults  
18-34

### Case Study in Indonesia

#### International Labor Organization's

Better Work Indonesia

2.5 hour online stress management training to focus on  
"Positive Well-being in the Workplace in the Face of Covid-19 Pandemic"

#### Helps Individuals:

- Develop skills to cope with constant negative news
- Understand how the mind and body work together in reacting to the environment (whether positive or negative)
- Share feelings and overcome stress with an expert



## How Employers Can Help

### Utilize technology to offer mental health resources

 Ensure employees are aware and knowledgeable about the mental health resources available through their health insurance including virtual counseling and virtual education on coping mechanisms and stress management.

### Reduce stigma of seeking mental health treatment

 Bring in virtual therapists to discuss how to notice and address symptoms of poor mental health. Encourage employees to recognize the connection between mind and body.

### Increase communication

 Advise employees about available resources and continuously show empathy—even after the pandemic has passed. Have leadership consistently talk to staff about these resources and make this the "new normal".

### Prioritize full-body well-being in benefits plan

 More stress leads to more doctor's visits and sick leave. By prioritizing full-body well-being beyond the pandemic will prepare the workforce for any mental health issues that may come in the future.

### Show empathy in leadership

 Leaders who show genuine concern for employees and their families will boost employee morale. Managers should check with staff regularly about their well-being and exclude work in these conversations. Furthermore, encouraging mental and physical breaks, exercise and taking time for themselves can cultivate a caring and empathetic environment.

## Encourage "Social Vitamin C"

Courtesy   Consideration   Caring   Community   Compassion

## Resources

**Choose-Your-Own-Adventure Mental Health Guide**

**CDC Mental Health Resources**

**Mental Health America's Mental Health & Covid-19 Information and Resources**

**Mental Health America's Anxiety Test**

**National Alliance on Mental Illness's Covid-19 Resource and Information Guide**

**American Psychiatric Association's Coronavirus Resources**



For more information, please  
email: [sfowlkes@brhpc.org](mailto:sfowlkes@brhpc.org)

**Broward Regional Health Planning Council, Inc.** is a non-profit organization committed to delivering health and human service innovations at a national, state and local level through planning, direct services, evaluation and organizational capacity building. **For additional information**, please visit [www.BRHPC.org](http://www.BRHPC.org). The entire **Broward County Health Plan** is available online ([www.BRHPC.org](http://www.BRHPC.org)).

Sources: (1) Healthline (2) Centers for Disease Control and Prevention (3) Forbes (4) Psychology Today (5) ilo.org