

Managing Mental Health during Covid-19

**Dr Ed Burns
(Consultant Psychiatrist)**

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Overview

Managing Mental Health during Covid-19

- Recognising Mental Health issues
- What can Individuals/ Employers /Insurers do?
- What can Priory do?



Treatment tailored to your needs

Mental Wellbeing

WHO Definition

A state of **well-being** in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.





Indicators of mental illness at work

The following should raise suspicion of mental disorder

- Reporting poor sleep
- Unusual levels of anger
- Resentment about work
- Lack of confidence
- Loss of concentration –may lead to reduced productivity
- Fatigue
- Or core symptoms of depression/anxiety/psychosis



Zone	Stress levels and symptoms
Drone Zone	No stress
Improved Performance	A little stress boosts motivation
The “C” Zone	Cool, calm and collected with manageable stress
Fatigue Zone	Stress increased and performance decreased
Exhaustion Zone	Performance declines further – increased anger
Ill-Health Zone	Stress levels cause physical & mental health issues
The Panic Zone	Feel out of control - possible panic/anxiety attacks
Burnout	Unable to face work – possibly constantly exhausted and agitated

Impact of Covid-19 on Mental Health

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COVID-19 survivors have significantly higher rates of psychiatric diagnoses and psychiatric history is a potential risk factor for being diagnosed with COVID-19, independent of known physical risk factors.



Over three-quarters (79%) of people said that their mental health had got worse or much worse as a result of the pandemic and the measures to contain it



43% of psychiatrists have seen an increase in urgent and emergency cases following the COVID-19 lockdown



Risk of 'moral injury' in healthcare workers... could lead to higher rates of mental illness amongst staff

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There is some evidence that deaths by suicide increased in the USA during the 1918–19 influenza pandemic and among older people in Hong Kong during the 2003 severe acute respiratory syndrome (SARS) epidemic.

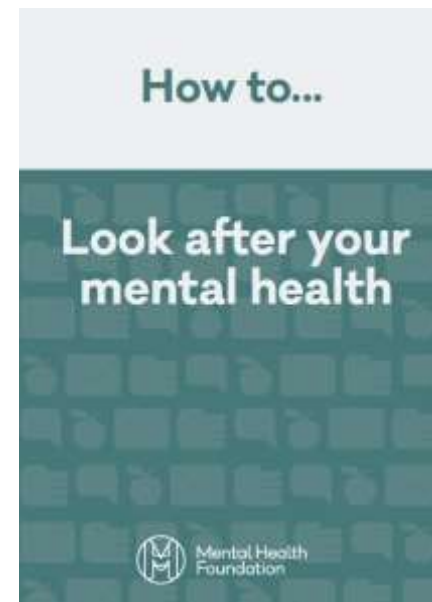
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However: "suicide data for 2020 shows no rise in suicide following lockdown."



Taking care of mental wellbeing

- Eat regularly and stay hydrated
- Try to keep active
- Manage and monitor your sleep
- Get as much sunlight, fresh air and nature as you can
- Take care with news and information
- Develop a routine
- Find ways to spend free time
- Keep your mind stimulated
- Connect with people
- Take care of your immediate environment



<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

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

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Managing staff during Covid-19

- Manage pressures of home working – consider reasonable adjustments
- Talk to staff and fellow managers regularly
- Remotely support staff – video vs telephone call
- Share reputable sources of information & follow official advice
- Promote access to support & techniques to manage stress/mental wellbeing
- Encourage people to take breaks/time out of work

Managing kids with Mental Health Issues



MindEd

e-learning to support young healthy minds

<https://www.rcpsych.ac.uk/usefulresources/minded.aspx>

What Can Priory do?

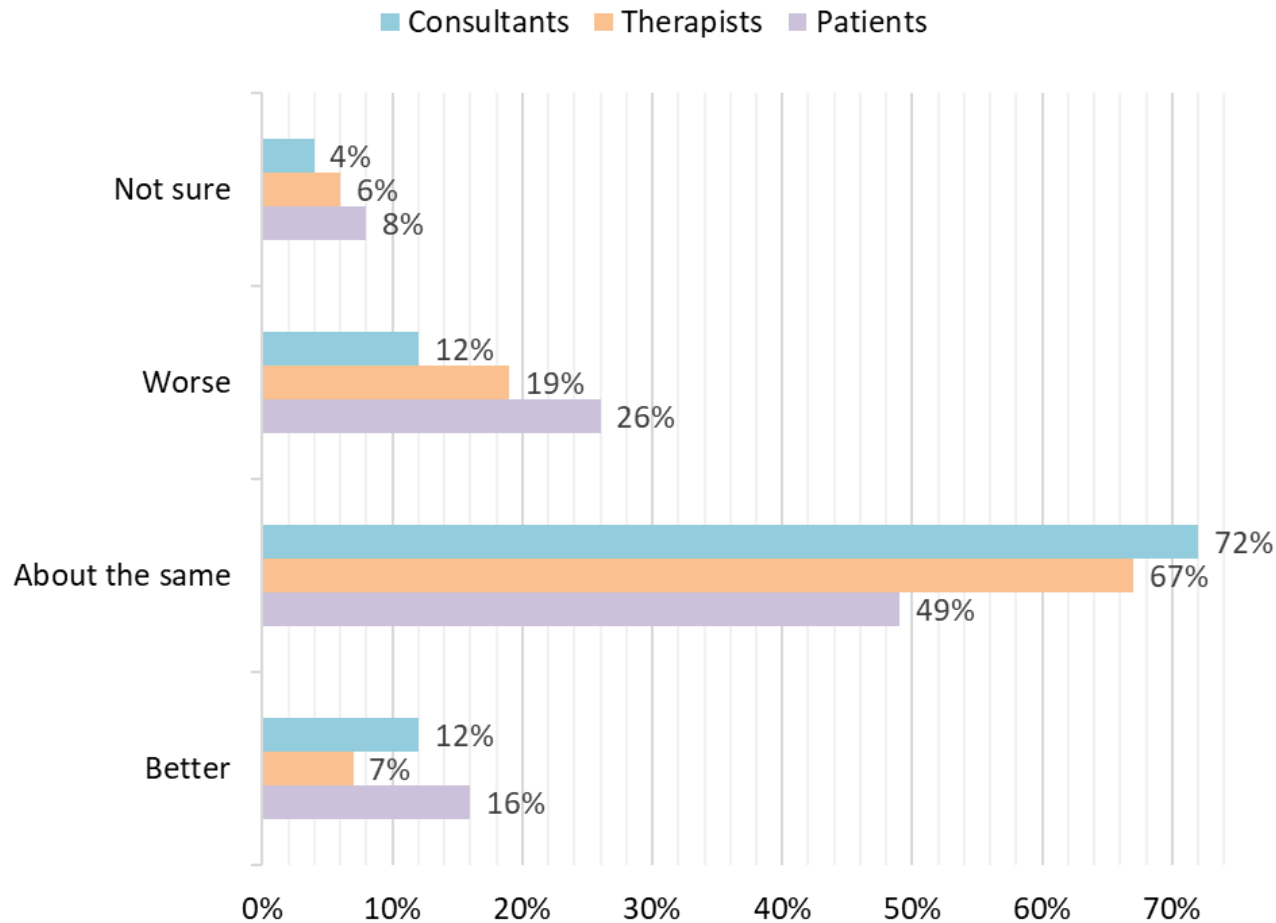


What we treat

- **Depression**, including post-natal depression
- **Anxiety**-related conditions
- **Obsessive compulsive disorder**
- **Post-traumatic stress disorder**
- **Addiction**
- **Stress**
- **Life difficulties**, such as relationships, work and bereavement
- **Mood swings**
- **Eating disorders**
- Assessment of **medically unexplained** symptoms
- **Child & adolescent mental health**

Priory's Review of Remote Treatment

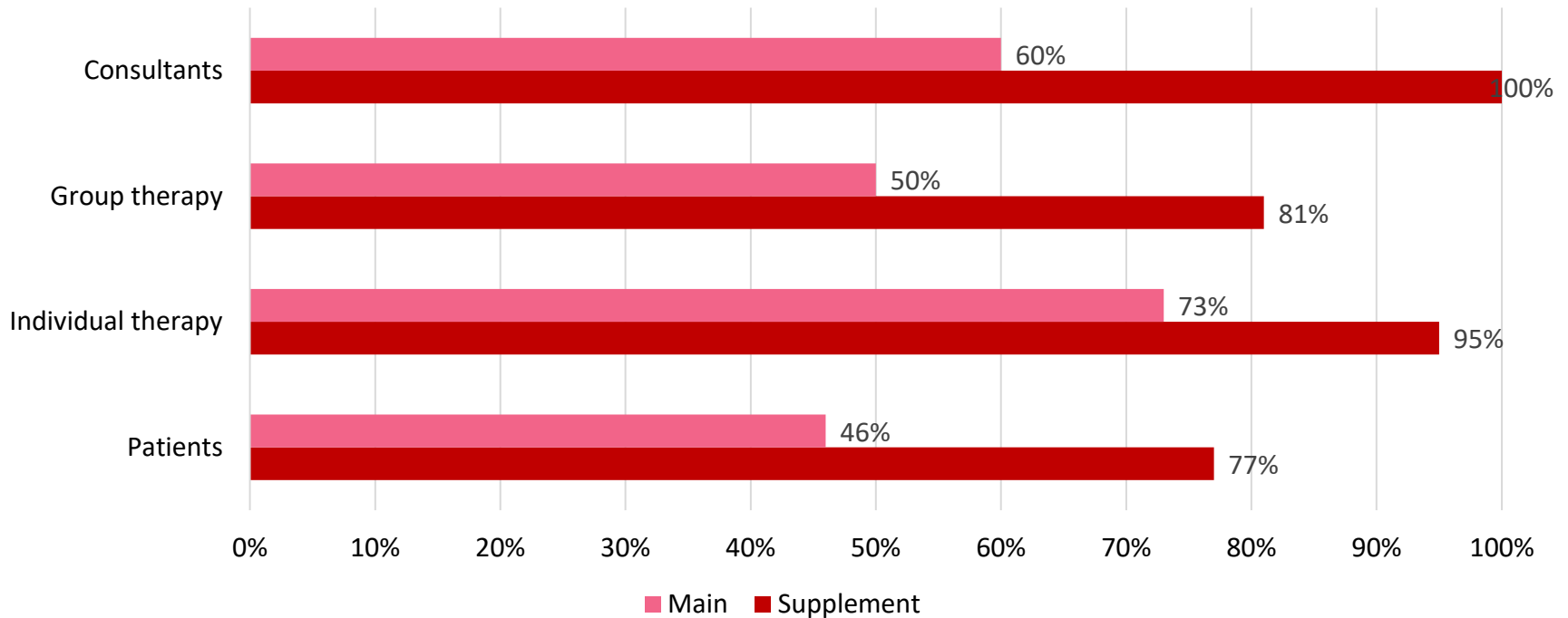
Overall how did remote compare with F2F?



74% video sessions vs 5% in NHS

Should we continue Remote Treatment?

Would you be happy to have/provide:
 - remote sessions as a supplement?
 - remote sessions as main format?

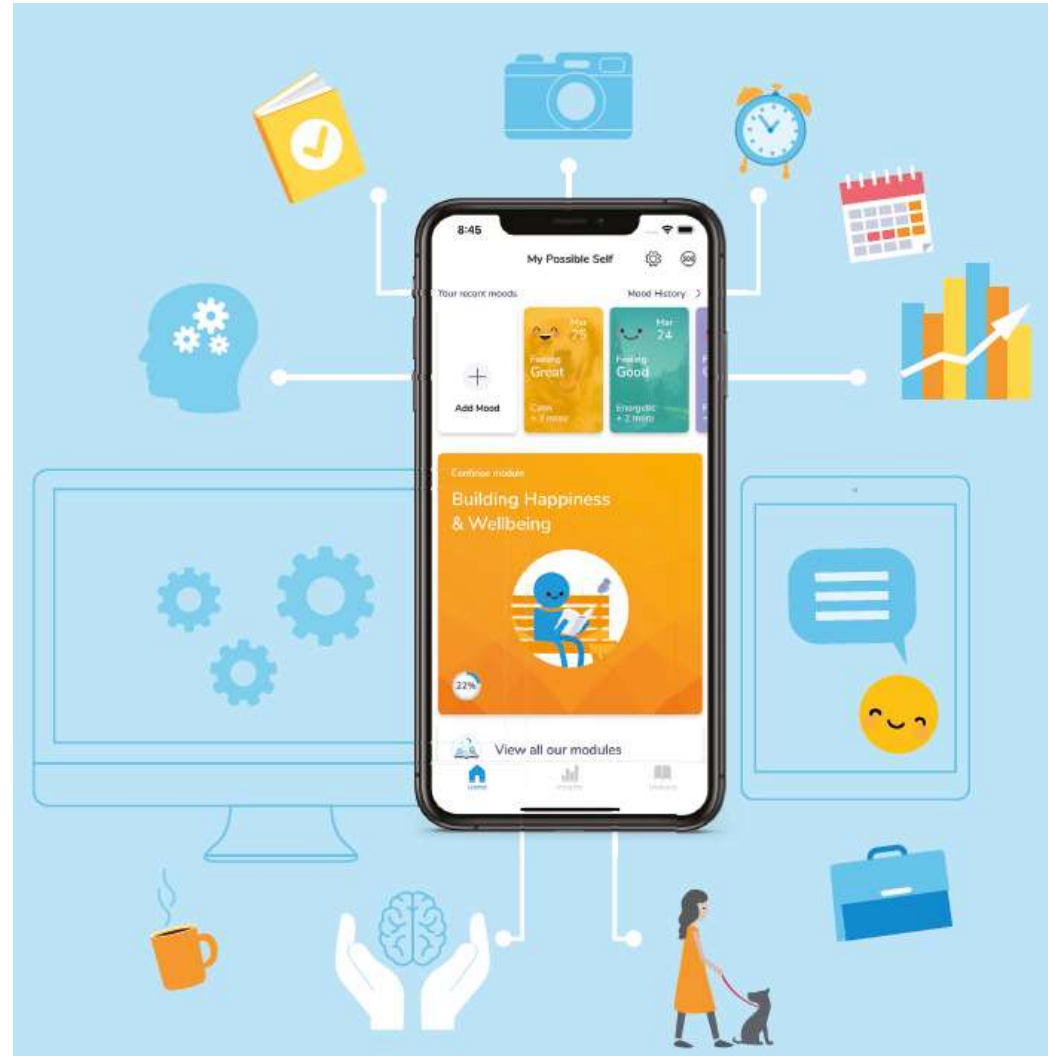


Mental Wellbeing

Priory can also provide Psycho-educational support via:

- ❑ Seminars/workshops
- ❑ Written information/articles
- ❑ Videos
- ❑ App technology / self help

New Priory/My Possible Self App to be launched 2021, which we plan to demonstrate at the AMII AGM April 2021



My Possible Self



- App & Desktop based
- Self-help, available 24-7
- Clinically proven to reduce stress, anxiety and low mood
- Built in Mood tracker
- Insights tool highlight causes behind high and low moods
- Anonymised analysis
- Access to other Priory services as defined for level of cover
- Access to emergency care
- App usage
- PHQ-9 scores
- GAD-7 scores



Any Questions?

Dr Ed Burns, MBChB, MRCPsych, MSc

Consultant Psychiatrist

Priory Hospital, Roehampton, Priory Lane, London, SW15 5JJ

Tel: **020 8392 4225** or **020 8392 4256**

Email: **serenaramzanali@priorygroup.com**

www.priorygroup.com

