

# RECOMMENDATIONS DURING COVID-19

## MENTAL HEALTH AND SELF-CARE (PART 1)

The likely adverse effects of the pandemic on people with mental illness, and on population mental health in general, might be exacerbated by fear, self-isolation, and physical distancing.

[Gunnell et al.](#), The Lancet



### A REMINDER OF RESOURCES FOR MCPs (FOR PROVIDERS AND MEMBERS)

#### The Impact on Health Care Workers and Families during COVID-19



“Lorna (a physician) called me from her home in Manhattan to tell me she could not get out of her chair. She was nearly catatonic. And when she became so overworked and despondent, she was unable to move. She experienced a [mental health crisis](#) for the first time during the pandemic; she was afraid to get help.”

#### Mental Health Resources

 <p><b>Health Care Personnel</b></p>	<ul style="list-style-type: none"> <li>▶ Know the signs of <a href="#">compassion fatigue</a>, and burn-out along with the psychological impact of COVID-19 including <a href="#">depression, panic attacks and suicide</a>. <a href="#">Ask Suicide Screening Questions</a> from <a href="#">NIH</a>.</li> <li>▶ Coordinate and provide access to sources of support and <a href="#">resources for health care workers</a>. Refer to <a href="#">pro-bono online therapy sessions</a>, <a href="#">COVID-19 Counseling CA</a> for frontline workers.</li> <li>▶ Form or participate in peer support groups and share <a href="#">tips</a> on how to <a href="#">cope with stress</a> (e.g., <a href="#">HEAL: Heal Evolve Align Love</a>)</li> <li>▶ Know how to treat anxiety and stress in front-line workers. Learn helpful tips from conducting a diagnostic intake evaluation guidance from the <a href="#">American Psychological Association</a>.</li> </ul>
 <p><b>Families and Children</b></p>	<ul style="list-style-type: none"> <li>▶ Apply the <a href="#">Regulate-Relate-Reason</a> approach that can be used by practitioners when working with vulnerable families (i.e., <a href="#">activities to support</a> a child’s physical and emotional regulation).</li> <li>▶ Provide resources and <a href="#">activity tips</a> for families on <a href="#">coping</a> and managing COVID-19 challenges (i.e., <a href="#">helping teens</a>; <a href="#">preparing your family</a> for other disasters; <a href="#">grief and loss</a> amid COVID-19, coping with an <a href="#">incarcerated family member</a>).</li> <li>▶ Finding the <a href="#">right words</a> to talk to teens and supporting <a href="#">home-bound children</a> during the pandemic.</li> </ul>

# RECOMMENDATIONS DURING COVID-19

## MENTAL HEALTH AND SELF-CARE (PART 2)



The likely adverse effects of the pandemic on people with mental illness, and on population mental health in general, might be exacerbated by fear, self-isolation, and physical distancing.

[Gunnell et al.](#), The Lancet

### A REMINDER OF RESOURCES FOR MCPS (FOR PROVIDERS AND MEMBERS)



#### Mental Health for At Risk Groups

“We must think about ways to prevent mental health from deteriorating while also coming up with innovative ways to target at risk groups, particularly health care workers.”

[Dr. Jessica Gold](#)

#### Mental Health Resources



Older Population  
and  
Pregnant Women

- ▶ Explore and share [online support materials](#), coping tips and resources for at risk groups such as seniors, women and veterans during outreach.
- ▶ [Share tips](#) with caregivers, families and the community on how to help seniors during social isolation due to COVID-19 (i.e., [Meals on Wheels CA](#), [“Comfort” robots](#))
- ▶ Incorporate information on how to [cope and manage pregnancy](#), [postpartum support](#) and referrals to [postpartum mental health providers](#) as appropriate, during prenatal and postpartum visits.



Culturally Specific  
Populations

- ▶ Outreach to community partners servicing culturally specific populations on mental health resources such as community education and low cost individual and group counseling sessions (i.e., [Humanidad Therapy and Education Services for Latinx and other groups](#)).
- ▶ Refer Asian Pacific immigrants and refugees to population-specific [mental health services](#) support in California (CA). Find more [behavioral health](#) resources in CA.
- ▶ Inform members of the [California Hotline Resources](#) as well as share local resources as part of member education or add within the member information portal.