

## Background

- The shortage of Mental Health Professionals has become severely exacerbated due to COVID-19. As of March of 2020, over 115 million people live in Mental Health Shortage areas, where the ratio is 1 per 30,000. <sup>1,2</sup>
- A research study conducted in Utah in August 2020 of around 5,000 physicians revealed that significant percentages (50%) of respondents had considered leaving their jobs or cutting down hours as a result of the burdens created by the COVID-19 Pandemic.<sup>3</sup>

## Objective

- To examine beliefs and perceptions that the COVID-19 pandemic has had on mental healthcare

## Methods

- This cross-sectional study collected data among adults ages 18 years or older (n=30) across the U.S. utilizing different social media platforms in May 2021.
- We examined perceptions surrounding the ability to get access, change in routines as well as behavior and social acceptances to use mental healthcare.



## Results



70% agree that ability to access MH treatment has changed due to the pandemic



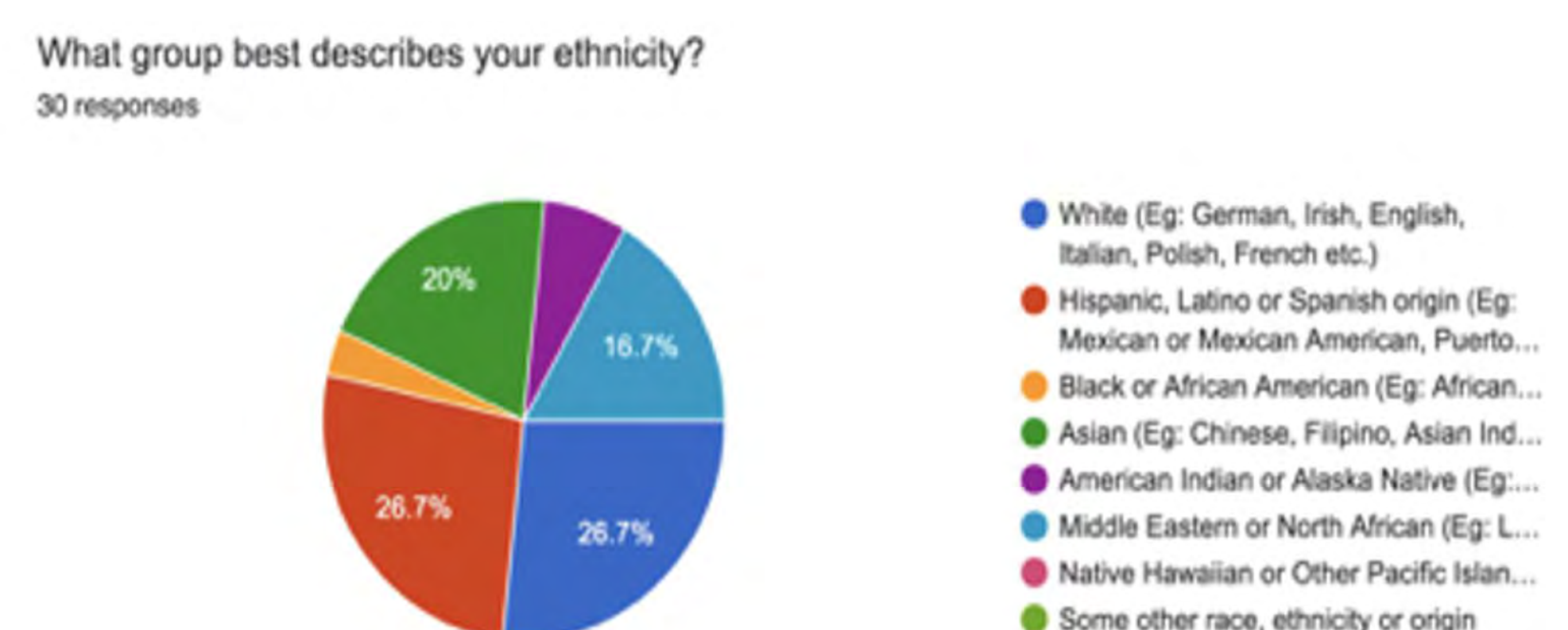
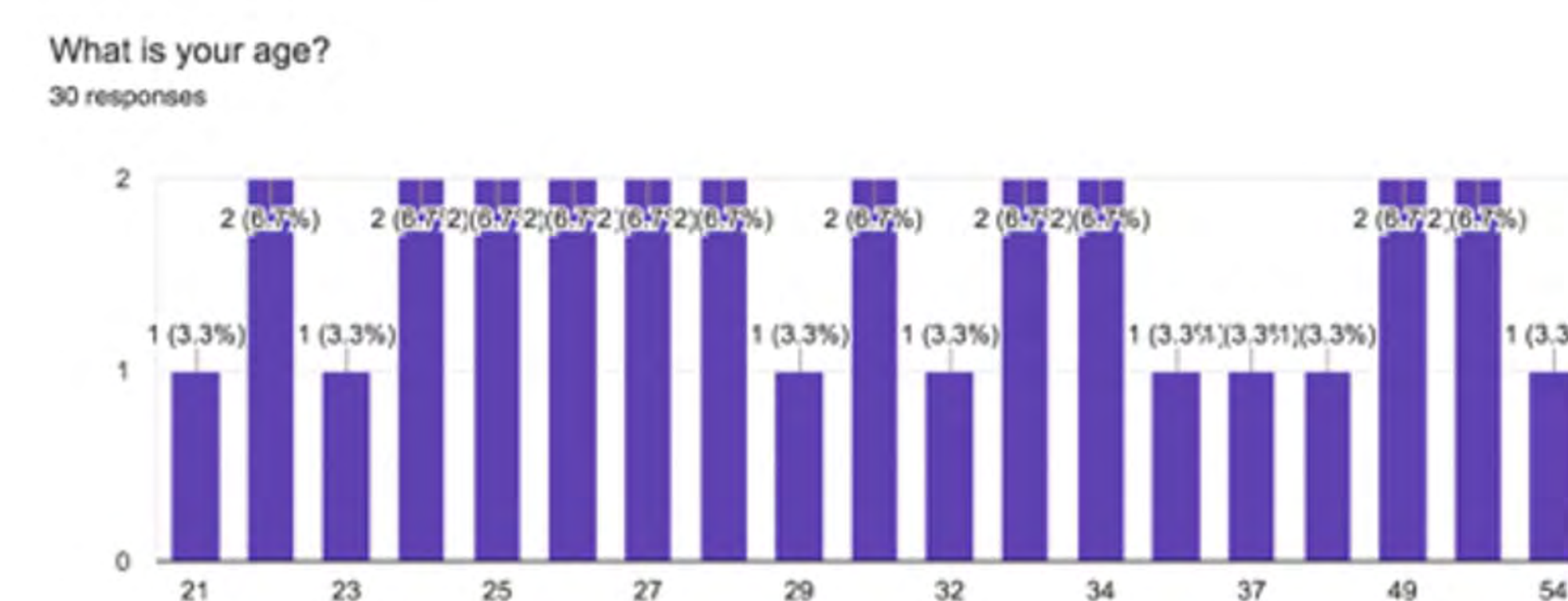
83.5% believe that MH service routine has been impacted by the outbreak of COVID-19



73.3% agree that pandemic has made it more socially acceptable to use MH treatments

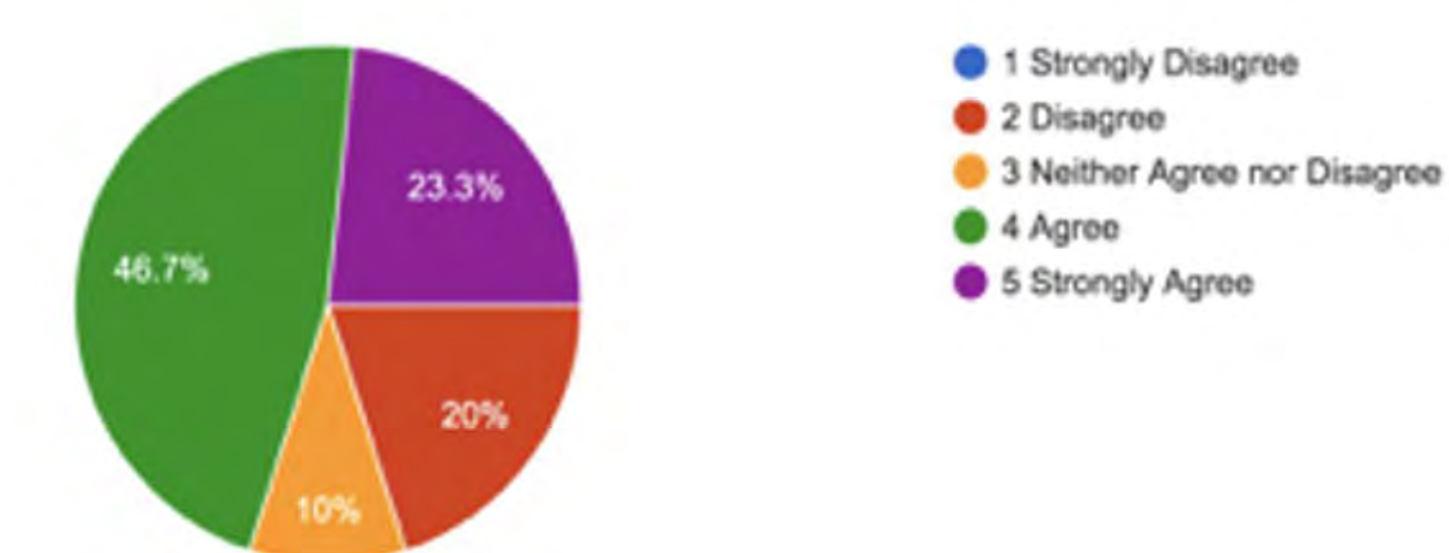


About half of the respondents disagree that people seek therapy for MH during the pandemic would be able to access care

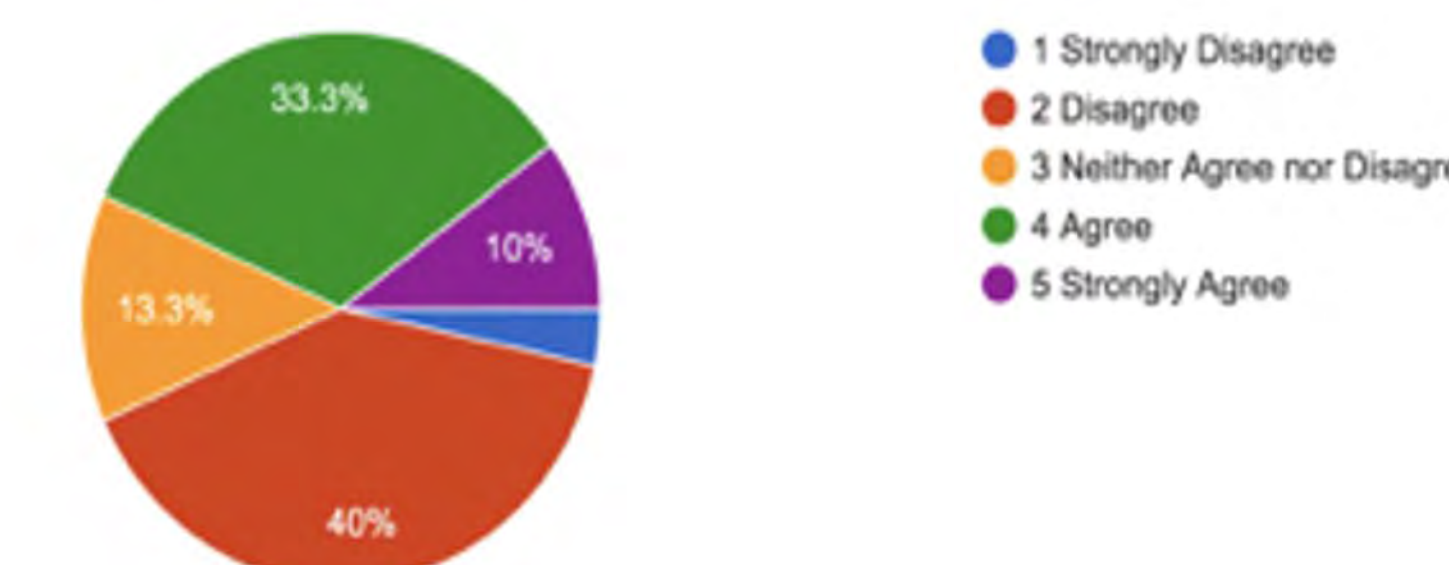


## Results

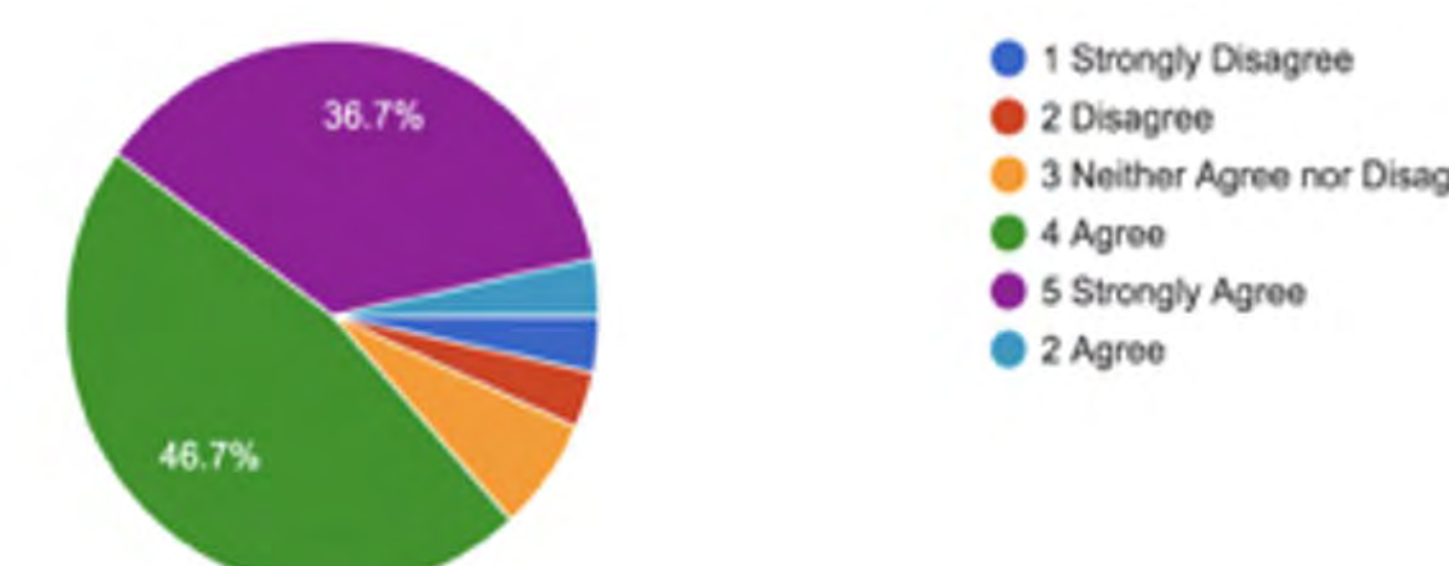
2. "I believe that the ability to access mental healthcare services has changed due to the pandemic."  
30 responses



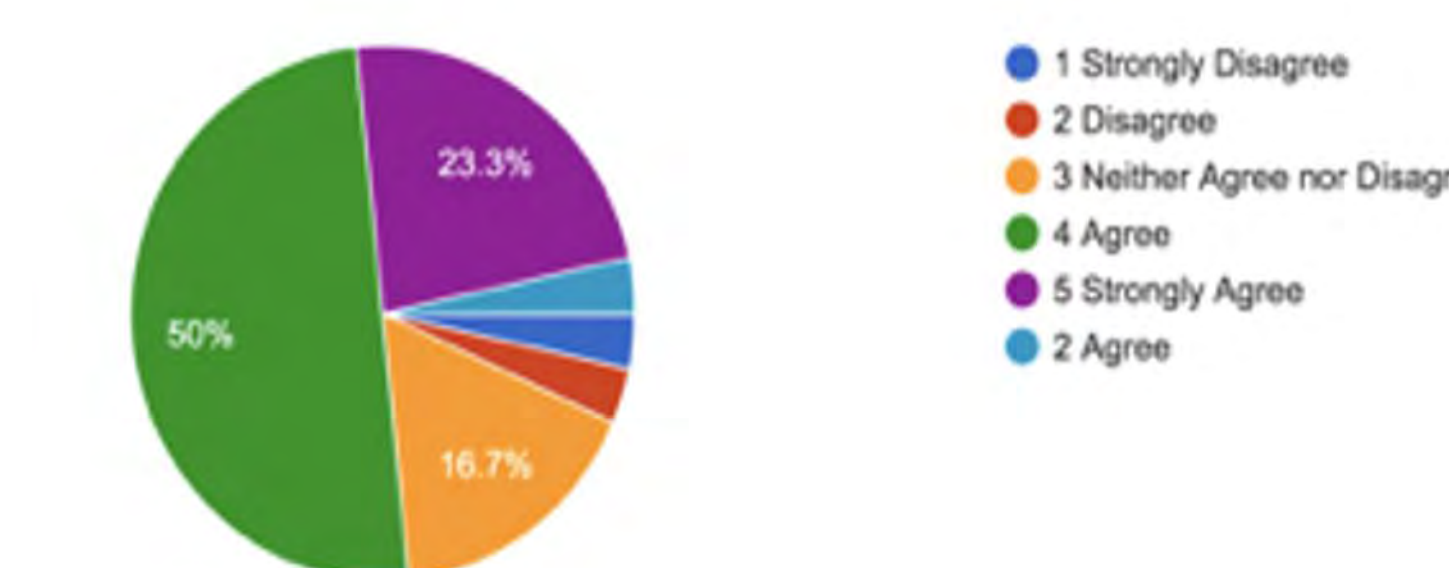
3. "I believe that if someone needs to seek counseling or therapy from a mental health professional at any time during this pandemic they would be able to access care."  
30 responses



4. "I believe that individuals with mental healthcare service routines have been impacted due to the outbreak of COVID-19"  
30 responses



5. "I believe that the pandemic has made it more socially acceptable to use mental healthcare."  
30 responses

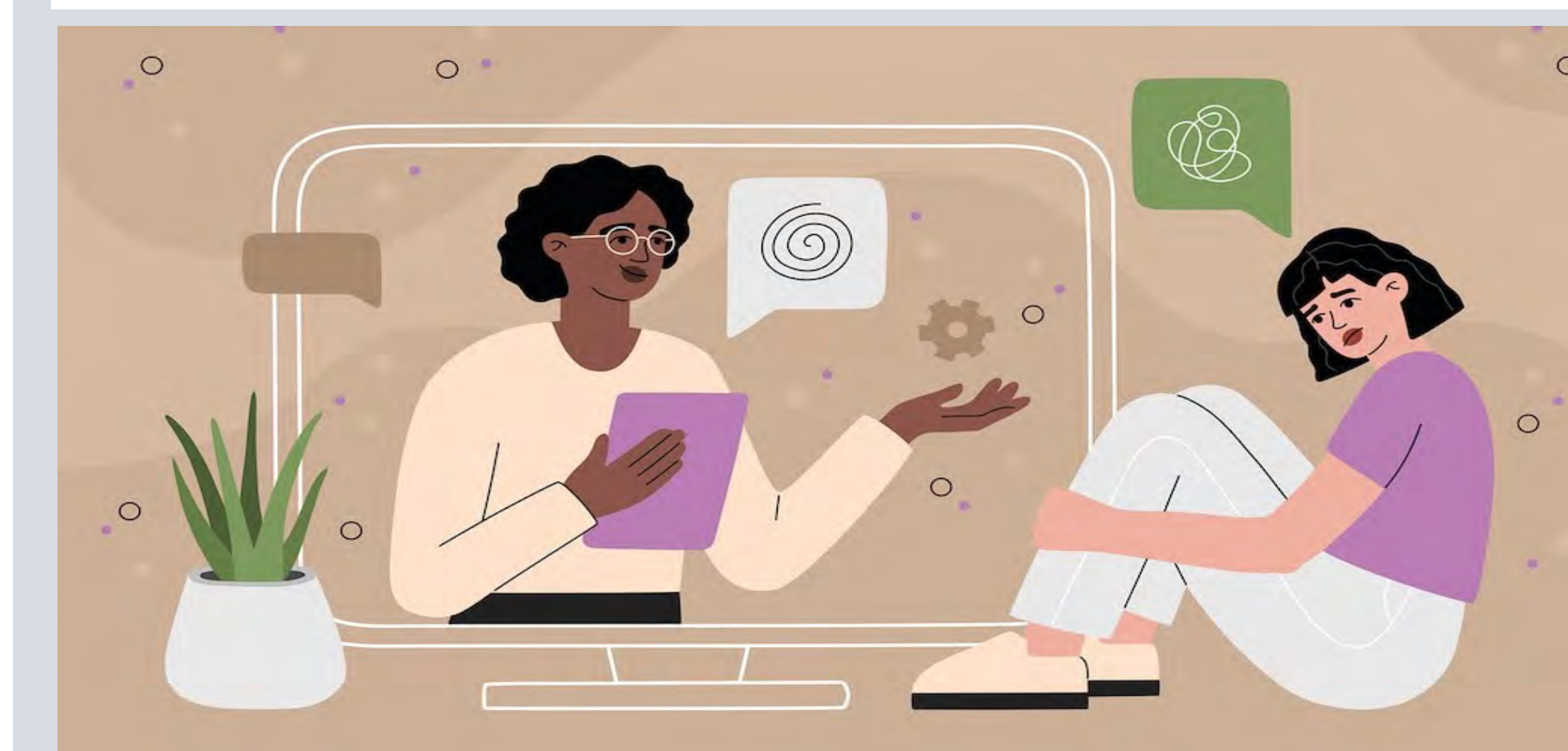


## Conclusions

- A quarter of the participants believe that the COVID-19 pandemic has impacted access to mental healthcare.
- It is evident that there is a need to increase access to mental healthcare

## Policy Implications

- Implementation of telehealth services and promoting telehealth treatments at home such as Apps
- Increasing education campaigns for people who need mental health services and creating balanced opportunities for access care
- Increasing number of mental health care workers both remotely and virtually



## References

- Donlan, A. (2020, October 25). COVID-19's impact on the home health industry is still Unclear. <https://homehealthcarenews.com/2020/10/covid-19s-impact-on-the-home-health-industry-is-still-unclear/>.
- "Reduced Access to Care - Household Pulse Survey - COVID-19." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 10 Feb. 2021, [www.cdc.gov/nchs/covid19/pulse/reduced-access-to-care.htm](http://www.cdc.gov/nchs/covid19/pulse/reduced-access-to-care.htm).
- Czeisler, M. E., Lane, R. I., Petrosky, E., & Wiley, J. F. (2020, August 13). Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic - United States, June 24–30, 2020. Centers for Disease Control and Prevention. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>.