

Managing Stress and Mental Wellbeing: Incl Impact of COVID-19 - US - July 2020

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This report looks at the following areas:

- The impact of COVID-19 on mental health.
- The state of Americans' mental health and wellbeing.
- How people receive a mental health diagnosis.
- Where people turn for mental wellbeing support.

A mental health crisis is occurring in the US, buoyed by increasing suicide rates and the global COVID-19 pandemic which has completely disrupted everyday life. Still, most Americans believe their mental health and wellness is in good standing, despite some decline over the past year, which is largely a result of increased attention. The majority of adults are self-diagnosing their conditions, driven by higher incidence of mental wellness (ie stress, anxiety) as opposed to clinical health conditions. Self-diagnosing also drives up self-management. Since most adults see mental health issues as just a part of life, the opportunity to level set mental health management alongside nutritional and physical health is necessary to continue to break down stigmas and improve the mental wellbeing of the nation.



“An existing mental health crisis in the US has been exacerbated by the COVID-19 pandemic, yet the majority of America believes their mental health is in good form. Despite this optimism, the full impact of the pandemic on mental health has yet to be seen, driving the need for added resources and support well into the future.”

– Marissa Gilbert, Associate Director of Health and

Wellness

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