

Effects of isolation during covid

Lack of medication compliance

Poor nutrition multifactorial

Poor social interaction

Hopelessness/ Suidice Ideation

“NO mirror” on thoughts

Anger

Anxiety

Depression

Lack of Concentration

Confusion

Ranges from minor impact to life threatening

Resources:

ANA Covid information:

[American Nurses Association: ANA Enterprise](https://www.nursingworld.org)

<https://www.nursingworld.org>

SAMHSA:

SAMHSA - Substance Abuse and Mental Health Services

...<https://www.samhsa.gov>

Mental Health America:

<https://arc.mhanational.org/find-affiliate>

MHA 2021 Affiliate Pre-Conference Day

June 9, 2021

Thriving in Season of Change

NAMI:

<https://www.nami.org/Home>

Medline:

<https://medlineplus.gov/howtoimprovementalhealth.html>