Impact of Covid-19 on Mental Health

By Jo Augustus, Course Leader for the Foundation Degree in Mental Health at University of Worcester

Date: Wednesday 21st October 2020
Time: Webinar to begin at 16.00 and last approximately until 17.00
Where: Online Webinar

Jo is a BABCP and BACP accredited Cognitive Behaviour Therapist with over 15 years' experience working across a variety of mental health settings, including acute psychiatry.

Jo uses evidence-based interventions to assess and treat clients presenting with anxiety and depression related difficulties. She specializes in the use of third wave therapies, that encompasses mindfulness-based interventions.

Since 2015 Jo has been the Senior Lecturer and Course Leader in the Department for Health and Wellbeing at the University of Worcester.

It is widely accepted that the coronavirus pandemic has had a significant impact on the mental health of the general population, worldwide. In some instances, this has led to intense feelings of anxiety, that have become a familiar part of everyday life, as well as isolation and loneliness, which in turn can trigger low mood.

In addition, many individuals may have experienced considerable loss and change, including the loss of a loved one, redundancy from work and subsequent loss of identity. This may have been a new experience for some individuals, whilst others are experiencing a worsening of their existing mental health problems.

There is much concern about how existing services can support individuals with these difficulties. There are various evidence-based approaches that are known to help reduce the impact of these difficulties. This talk will provide an overview of the impact of Covid-19 on mental health and consider some strategies that could help.

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