

Staffordshire Health Select Committee – 6th July
The COVID-19 Pandemic and potential impact on Mental Wellbeing

Points for discussion:

- Globally, mental health is being challenged like never before by COVID-19. Whilst there are many uncertainties about how the pandemic will progress, we assume that the impact on the mental health and psychosocial well-being of those most affected will be significant. We don't yet know what this may look like for us in Staffordshire.
- Who may be affected?
 - People with an existing mental health need; and
 - The general population with their own circumstances
- Mental health is a fundamental part of people's wellbeing and has been challenging our communities for years. The pandemic poses additional risks & threats for people.
- Many of the 'wider determinants' of public health such as housing, education, employment & relationships can improve a person's mental health, but they can also contribute towards its decline. The pandemic has disrupted all aspects of people's lives and will take a great deal of time to recover from.
- No single organisation has all the answers. The issue of poor mental health requires a system approach to manage it and ultimately prevent it.
- The Pandemic may also have had a positive impact on some people's mental wellbeing from both a personal & professional point of view.