

Protecting Your Mental Health during the Pandemic and Holidays

November 19, 2020



Introductions

Panel

- [Debbie Plotnick](#), Vice President State and Federal Advocacy at Mental Health America (MHA)
- [Dr. Doreen Marshall](#), Vice President of Mission Engagement at American Foundation for Suicide Prevention
- [Andrea Sparrow](#), Clinical Social Worker and faculty at University of Kentucky College of Social Work

Host

- [Pamela Williamson](#), Assistant Project Director, Southeast ADA Center

Discussion Question #1

This year has been a challenge in many ways – the COVID-19 pandemic, job loss, the election, and so much more. These issues have resulted in greater anxiety for many people.

1. In your respective organizations, what types of mental health issues have people been experiencing?

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Discussion Question #2

The holidays can often be stressful, even in the best times. This year, because of social distancing and reduced incomes, we anticipate that it may be even more stressful.

2. What should we start thinking about in order to mentally prepare for a different experience this holiday season?

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Discussion Question #3

Tradition is very important during the holiday season.

3. How can we handle doing things that might not include our traditions this year or might be totally different?

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Discussion Introduction Question #4

Mental Health America Report,
[*2021 State of Mental Health in America*](#)

- More people are reporting frequent thoughts of suicide and self-harm than have ever been recorded in the MHA Screening program since its launch in 2014.
- Since the COVID-19 pandemic began to spread rapidly in March 2020, over 178,000 people have reported frequent suicidal ideation.
- 37% of people reported having thoughts of suicide more than half or nearly every day in September 2020.

Source: mhanational.org/issues/state-mental-health-america

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**Discussion
Questions
#4**

- 4a.**
What if I am the person having suicidal thoughts?
- 4b.**
Is there anyone I call or text if I need to talk?
- 4c.**
Are there things we can look for if a person is having suicidal thoughts?
- 4d.**
What can friends and families do if they are concerned for someone?

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**Discussion
Question #5**

As a follow up, people with mental health disabilities are often reluctant to share about their disability because of the stigma. During the holidays, we are even more apt to hide our disability because the expectation is to be happy.

- 5. Do you have any guidance on how to share with others so we can get the support we need?**

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**Discussion
Question #6**

- 6. How can friends, family, and colleagues provide support to the people in our lives that are dealing with issues related to mental health?**

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**Discussion
Question #7**

As we know, due to the pandemic, older adults who live in congregate settings, such as nursing homes or assisted living centers, may have not been able to see their families this year.

- 7. Do you have specific tips for older adults, their family members, and caregivers?**

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**Discussion
Question #8**

What about the mental health of our children?
The holidays will be different from their past experiences.

- 8. What tips do you have to protect our children during this time?**

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**Discussion
Question #9**

- 9. Is there additional advice that you can share for staying mentally healthy during the holiday season?**

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Thank You!

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Hi! I'm
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RESOURCES

- [Counseling and Support COVID-19 Resources](http://www.adacovid19.org/counseling)
www.adacovid19.org/counseling
- [ADALIVE Resources: Protecting Your Mental Health during the Coronavirus Outbreak](http://www.adalive.org/episode79_resources)
www.adalive.org/episode79_resources

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POST-TEST & CERTIFICATE

- [Post Test for Webinar](#)
Protecting Your Mental Health during the Pandemic and Holidays
or copy and paste: bit.ly/covid-mental-health-2020-test
- **Certificate of Participation**
****Must be:** registered, attendance verified, and Post-Test completed

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EVALUATION

- Your feedback is important to help determine the effectiveness of this webinar in meeting your needs and to guide planning for future webinars.
- **Evaluation for Webinar**
Protecting your Mental Health during the Pandemic and Holidays or copy and paste: bit.ly/covid-mental-health-2020-eval

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ARCHIVE

- This webinar will be archived with recording, transcript and relative resources
- **please share.**
- **Webinar: Protecting your Mental Health during the Pandemic and Holidays**

or copy and paste:
www.adasoutheast.org/webinars/2020/mental-health-and-covid19.php

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UPCOMING EVENTS

- **Episode 88: International Day of Persons with Disabilities**
ADA Live! Podcast & Resources
Wednesday - December 2 at 1:00 - 1:30 pm ET
adalive.org
- **Disability in a COVID World: Employment, Communication, Public Spaces & Mental Health**
Special webinar: International Day of Persons with Disabilities (IDPD)
Thursday - December 3 at 12:00 - 1:30 pm ET
adasoutheast.org/webinars/2020/disability-and-covid19.php

Find More: [Southeast ADA Events Calendar](http://adasoutheast.org/eventscalendar.php)
adasoutheast.org/eventscalendar.php

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Questions?

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