



Mental Health after COVID-19

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[Scientific American](#) [1]

In an opinion piece, psychiatrists write that COVID-19 may lead to long-term innovations in mental health care. According to the authors, loosened telehealth regulations are increasing access to mental health services and may continue to do so when the pandemic ends. Technology is helping to connect people with substance use supports, such as virtual 12-step programs and online prescriptions for medication-assisted therapy. Telehealth is also strengthening the continuum of care, with some states moving their intensive outpatient and partial hospitalization programs online. The authors also suggest that increased use of digital tools may lead to more effective efforts to measure and address mental health and suicide risk. Given the long-term toll of coping with a global pandemic, the authors call for a greater investment in public mental health efforts to help prevent widespread trauma and ensure all people have equitable opportunities for health and well-being.

Spark Extra! Find [resources](#) [2] for coping with the effects of COVID-19.

Links within this resource

[1] <https://www.scientificamerican.com/article/mental-health-after-covid-19/>

[2] <http://www.sprc.org/covid19>

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