



The Facts & Living through a Pandemic - Anxiety and Depression

The most recent Census data shows that about 40% of the U.S. population suffers from anxiety or depression related issues each year. That number is about 55% in people ages 18-25. Depression, anxiety, PTSD, substance abuse, and domestic violence almost always surge after natural disasters. Unlike disasters like wildfires or floods, you cannot see the COVID virus. When the flames go out, or the water recedes, rebuilding can begin. With this virus's unknowns and no concrete end in sight, this disaster is particularly taxing on our mental wellness.

- A recent poll done by the Kaiser Foundation found that the pandemic had negatively affected 53% of adult's mental health.
- In April, texts to the federal emergency mental health line were up 1000% from the previous year.

At its worst, anxiety or depression can lead to suicidal thoughts or attempts. While you are not responsible for preventing someone from taking his or her own life, your support may help the person see that other options are available to stay safe and get help. The first step in helping someone or helping yourself is recognizing the warning signs of suicide. This is a long list, but it is worth reading them all off in case one or more of these warning signs strikes a chord with anyone here today.

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| • Talking about suicide: "I'm going to kill myself" or "I wish I were dead" | • Drastically changing appearance |
| • Getting the means to take your life, such as buying a gun or stockpiling pills | • Doing risky or self-destructive things |
| • Withdrawing contact with others, not responding to any type of communication from others | • Giving away belongings or getting affairs in order |
| • Having extreme mood swings or behaviors | • Saying goodbye to people as if they will not be seen again |
| • Being preoccupied with death, dying, or violence | • Developing personality changes |
| • Feeling trapped or hopelessness | • Increased tardiness and absenteeism |
| • Excessively using alcohol or drugs | • Decreased productivity |
| • Changing your everyday routine or patterns | • Lack of regard for personal safety |
| | • Isolation from peers |
| | • Agitation and increased conflict among co-workers |

The goal of this tool box talk is to raise awareness, dispel misconceptions, and communicate support channels for our employees' mental wellness, and to remove the stigma and promote the many resources available to you for help those in need – including yourself.