



Telehealth Revolution: Strategies for Mental Health Services in COVID Era

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DESCRIPTION

The COVID-19 pandemic, which emerged in late 2019, has not only caused significant physical health challenges but has also had a profound impact on mental health worldwide. The widespread fear, uncertainty, social isolation, and economic upheaval resulting from the pandemic have placed unprecedented demands on mental health services.

Increased demand for mental health services

The COVID-19 pandemic has triggered a surge in mental health needs around the world. Patients have experienced elevated levels of stress, anxiety, and depression due to social isolation, spread of infection, loss of employment. The increased demand for the mental health services has stretched existing resources and exposed gaps in mental healthcare systems.

Disruption of routine care

The pandemic has disrupted the delivery of routine mental health care. Lockdowns, social distancing measures, and overwhelmed healthcare systems led to the postponement of non-urgent mental health appointments and treatments. This disruption has negatively affected individuals who rely on regular therapy, medication management, and support group.

Telehealth and digital transformation

To address the limitations imposed by the pandemic, mental health services worldwide have rapidly adopted telehealth and digital platforms. These technologies have allowed therapists and counsellors to provide remote counselling sessions, maintain continuity of care, and reach individuals who may have otherwise been unable to access mental health services.

Increased risk for vulnerable populations

Vulnerable populations, such as healthcare workers, the elderly, and those with pre-existing mental health conditions, have been

disproportionately affected by the pandemic. The mental health challenges faced by these groups have underscored the importance of targeted interventions and support.

Stigma and discrimination

The COVID-19 pandemic has fueled stigma and discrimination against individuals with mental health conditions. Many have reported feeling judged or misunderstood, further prevention of their access to care and support. Reducing mental health stigma remains a global challenge.

Economic impact

The economic impact of the pandemic has led to job losses, financial instability, and increased stress for countless individuals. Financial stress can exacerbate mental health issues and has created a need for mental health services that address both psychological and economic well-being.

Mental health of children and adolescents

The pandemic has also had a significant impact on the mental health of children and adolescents. School closures, disrupted routines, and increased anxiety about the virus have affected young people's emotional well-being. Child and adolescent mental health services have had to adapt to provide support in new methods.

Resilience and coping strategies

The pandemic has highlighted the importance of building individual and community resilience. Mental health services have increasingly focused on promoting coping strategies, stress management, and psychoeducation to empower individuals to navigate the challenges of the pandemic.

Addressing grief and loss

COVID-19 has resulted in a profound loss of life, leaving countless individuals grieving. Bereavement services and support

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for those coping with loss have become an essential component of mental health care during the pandemic.

Mental health policy and funding

The pandemic has underscored the importance of mental health in public health policy. Many countries have recognized the need for increased funding and resources for mental health services. Policymakers are re-evaluating mental health infrastructure and advocating for more comprehensive care.

The COVID-19 pandemic has had a profound and far-reaching impact on mental health services globally. The increased demand for mental health care, coupled with the disruption of routine services, has presented challenges and opportunities for innovation in mental healthcare delivery. Telehealth and digital platforms have emerged as significant tools in ensuring access to care during a time of physical distancing.

The pandemic has also highlighted the importance of addressing mental health stigma, especially in the context of global crises. Vulnerable populations and children and adolescents require targeted interventions to address their unique mental health needs. Additionally, the economic impact of the pandemic has underscored the interconnectedness of financial well-being and mental health.

As the world continues to grapple with the effects of COVID-19, it is essential to prioritize mental health services and policies that address the evolving mental health needs of individuals and communities. The pandemic has shown that mental health is an integral part of public health, and investment in mental health services is critical for the well-being and resilience of societies worldwide.