MENTAL HEALTH IN PANDEMIC

by:
Alfredo C. Cabanilla Jr.
Teacher II, Limay Senior High School

The world was shocked when the world heard the news in the television, radio and other forms of media as it told about the existence of Novel Corona Virus known as COVID-19 by this time. The history listed another record in the existence of the new pandemic. The news haunted the provinces, cities and hidden spots in the world as it continues to become a serious threat to the human existence. Not only the Physical Health is affected by the pandemic, but the hidden affected areas are not truly revealed. As the medical hospitals increase its numbers of the patients affected by the COVID-19, the people who are facing problems in their mental health continue to rise also. Mental Health in our country is often neglected and still the taboo is existing that when one sees a psychiatrist, he or she may be insane and as a result, many people may criticize him/ her and worse, would not talk to the patient anymore because of the said situation. Because if this reason, many individual suffering from the mental health issues are not seeking for medical assistance especially this time of pandemic. Mental Health issues are serious things to be addressed in the right way. The reason for the rising numbers who are experiencing anxiety disorders, mood swings, suicidal attempts, depression, extreme feeling of loneliness, unexplainable anger, is said to be associated with the pandemic as the situation brings the existence of home quarantine, limited face to face, limited access to the resorts, restaurants, and parks as well.

References:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/