

Why The Coronavirus Is Triggering Mental Health Issues:

Despair

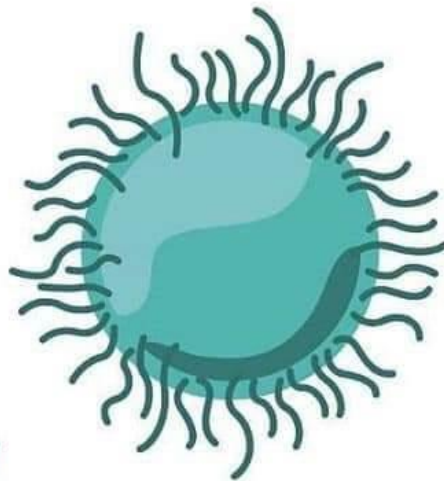
Mindset switch from "living" to "survival"

Triggers feelings of hopelessness

Increased health anxiety

Fear for loved ones lives

Decreased financial security



Decreased job security

Promotes social withdrawal

Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues



Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

@RealDepressionProject

