

Worried about navigating your child's back-to-school or virtual school routines this year?

You are not alone



YOU SHOULD KNOW:

- **68 PERCENT OF AMERICAN ADULTS** surveyed view COVID-19 as a severe or extreme crisis in the United States.
- **ONE IN FOUR ADULTS** surveyed were unclear as to what action to take if they had a mental health crisis.
- The leading sources of **COVID-19 STRESS, ANXIETY AND DEPRESSION** include:
 - Unknown duration of COVID-19 effect
 - Economic concerns
 - Risk of virus exposure
 - Lack of future normalcy
 - Isolation
- Among adults surveyed, **FEAR OF VIRUS EXPOSURE** was the key barrier to mental health treatment during this time, followed by cost of co-pay.
- About half of adults surveyed have **USED TELEHEALTH TO TREAT A MENTAL HEALTH** or physical condition, and most of them reported a positive experience.
- Of those with COVID-related anxiety, stress or depression, most are self-managing these negative feelings; **ONLY 15 PERCENT SOUGHT HELP** from online tools and/or counselor/therapists.
- About half of adults surveyed expect to regain "normalcy" within a few months; more than **90 PERCENT ARE AT LEAST SOMEWHAT HOPEFUL OF THE FUTURE.**

We are here to help you or someone you know manage stress and anxiety with our evidence-based treatment programs. Call us today for a no-cost assessment or visit our website.
