



# Mental Health Challenges, Racial Inequality, Burnout, and Telepsychiatry during COVID-19: An Overview

This infographic highlights the current stressors that may impact mental health patients and providers during this time as well as provides additional resources for addressing these challenges. For more information, watch Dr. Glenda Wrenn's webinar [here](#).

## Mental Health Challenges during COVID-19

The COVID-19 pandemic has presented unique challenges for everyone. These challenges include:

- Increased isolation & uncertainty
- Difficulty accessing usual supports and services
- Financial insecurity

It is important to take time to care for ourselves. Below are a few self-care tips.

- Practice gratitude
- Limit negative exposure
- Be intentional about basic needs - sleep, eat, connect, & move

[View our Navigating the Mental Health Impacts, Challenges, and Coping Strategies during COVID-19 Infographic to learn more.](#)

## Burnout

Risk of burnout is increased during challenging times.

- Burnout: psychology syndrome in response to chronic interpersonal stressors on the job

Building resilience, or the ability to grow and thrive in the face of challenges and bounce back from adversity, is one way to combat burnout. It can be strengthened through:

- Making connections
- Moving toward your goals
- Maintaining a hopeful outlook
- Taking care of yourself

[Learn more burnout prevention strategies from our Compassion Fatigue Fact Sheet here.](#)

## Racial Inequality

Concurrently with the pandemic, a movement to address racial and ethnic inequities is at the forefront. Below are suggestions for starting difficult conversations around racial injustice.

- Seek to understand then to be understood
- Affirm and validate experiences
- Decide if you are ready, willing, and able to engage
- Invest in your own education and expanded perspective

[To learn more about race-based mental health inequities, access our fact sheet here.](#)

## Telehealth

Telehealth services and utilization expanded greatly as a result of COVID-19 physical distancing. Evidence suggests tele-mental health services may be equivalent to in-person care in terms of:

- Diagnostic accuracy
- Treatment effectiveness
- Quality of care
- Patient privacy and confidentiality

Important elements to consider when providing telepsychiatry services include:

- Confidentiality (bidirectional)
- Documentation of informed consent
- Location confirmation

[Access our Telepsychiatry during COVID-19 Infographic to learn more about telepsych changes and tips about platforms, license, and safety.](#)

### Source:

Southeast Mental Health Technology Transfer Center. 2020. Tele-Mental Health During Turbulent Times: Practical Tools to Enhance Your Practice Presentation. Retrieved from <https://mhttcnetwork.org/centers/southeast-mhttc/product/tele-mental-health-during-turbulent-times-practical-tools-enhance>

This work is supported by grant SM081774 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.