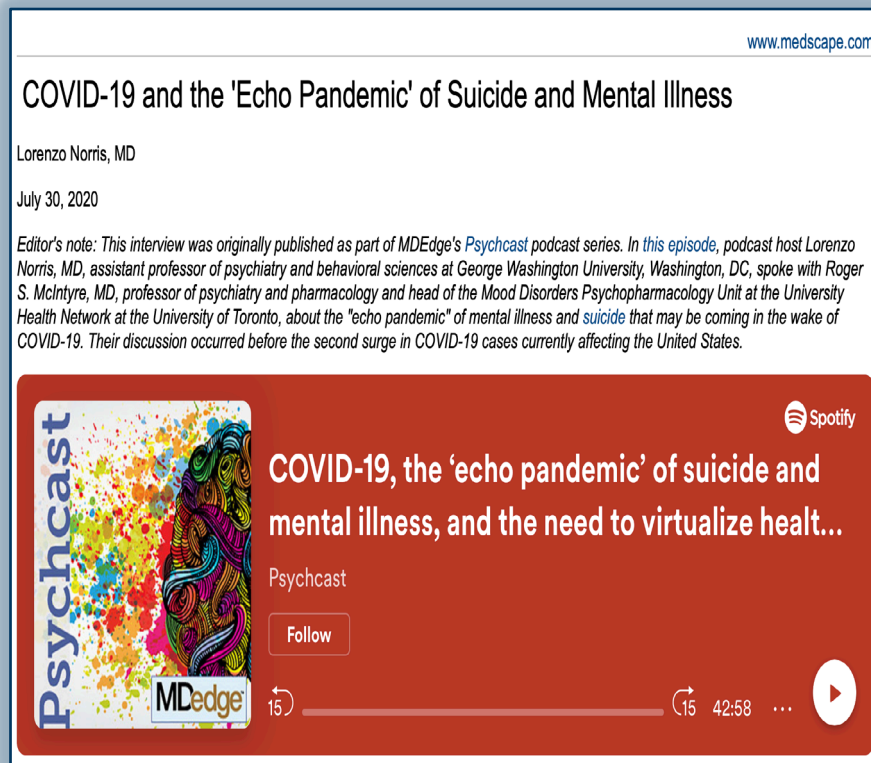


COVID-19 and the 'Echo Pandemic' of Suicide and Mental Illness

Dr. Lorenzo Norris and Dr. McIntyre, podcast 2021 (43 minutes)



The image shows a screenshot of a Medscape article and a Spotify podcast player. The article title is "COVID-19 and the 'Echo Pandemic' of Suicide and Mental Illness" by Lorenzo Norris, MD, dated July 30, 2020. The article text includes an editor's note about the podcast series. Below the article is a Spotify player for the "Psychcast" podcast, featuring a colorful abstract cover image and a "Follow" button. The player shows a progress bar at 15 minutes of a 42:58 duration.

www.medscape.com

COVID-19 and the 'Echo Pandemic' of Suicide and Mental Illness

Lorenzo Norris, MD

July 30, 2020

Editor's note: This interview was originally published as part of MDEdge's Psychcast podcast series. In this episode, podcast host Lorenzo Norris, MD, assistant professor of psychiatry and behavioral sciences at George Washington University, Washington, DC, spoke with Roger S. McIntyre, MD, professor of psychiatry and pharmacology and head of the Mood Disorders Psychopharmacology Unit at the University Health Network at the University of Toronto, about the "echo pandemic" of mental illness and suicide that may be coming in the wake of COVID-19. Their discussion occurred before the second surge in COVID-19 cases currently affecting the United States.

Psychcast

COVID-19, the 'echo pandemic' of suicide and mental illness, and the need to virtualize health...

Follow

15 42:58

This podcast addresses the potential for an echo pandemic, a new term being used by health professionals to describe the possibility of massive mental health concerns following COVID-19. The transcript provides some useful quotes and there is a link below to listen to the conversation (which we would recommend, for such a difficult topic, the hosts provide a relaxed and engaging presentation). Key take-a-ways focus on programming to address resiliency and a return to the basics of support such as access to care, a consistent schedule, healthy eating and exercise.

KEY FINDINGS



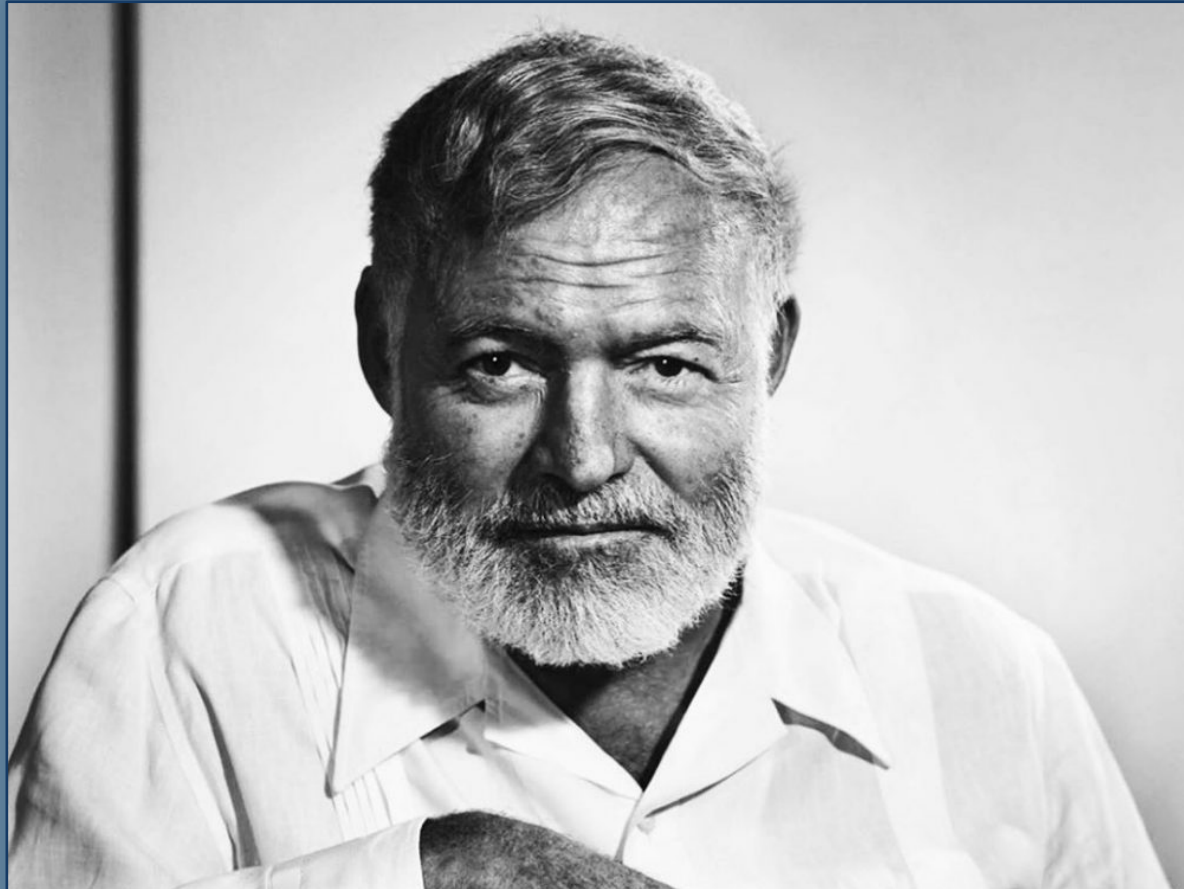
With COVID-19 comes challenges and uncertainties that can make problems worse for those already struggling with mental illness.



While not shown empirically in research yet, there is a concern that suicide rates will again climb in the aftermath of the pandemic.



To prevent this 'echo pandemic' basic needs such as shelter, access to food, getting enough food and exercise should be areas of focus for mental health providers.



They asked Hemingway

"How did you go bankrupt?"

He responded

"Two ways."

"Gradually, then suddenly."

This is how suicide comes, gradually, then suddenly.

“What is especially concerning about our projections is the genuine **uncertainty with respect to the labor market** post-COVID-19, as well as the tremendous **financial uncertainty** and decrease in consumer sentiment, all of which are independent and additional contributors to suicide. Moreover, **social isolation** and quarantine, which are critical viral transmission risk mitigation strategies, are recommended nation-wide. **Social isolation** is well established as a significant risk factor for suicidality.”

(McIntyre and Lee, 2020).



ADDRESSING THE ECHO PANDEMIC

Access to Mental Health Care

Healthy Diet and Exercise

Following a Routine each Day



Means Restriction Related to Gun Access

Financial Support and Security

Connection with Friends and Support

Depression and Bipolar Support Alliance

