Press Release

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FOR IMMEDIATE RELEASE

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**SAFE Glen Cove Coalition: Stress, Mental Illness and COVID-19**

According to the Centers for Disease Control and Prevention (CDC), everyone reacts differently to stressful situations. How you respond to stress during the COVID-19 pandemic can depend on your background, social support from family or friends, financial situation, health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways to try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include:

* People who are [at higher risk for severe illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html) from COVID-19 (for example, older people, and people of any age with certain [underlying medical conditions](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)).
* [Children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html) and [teens](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html).
* People [caring for family members or loved ones](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html).
* Frontline workers such as [health care providers and first responders](https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html),
* Essential workers who work in the [food industry](https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/meat-poultry-processing-workers-employers.html).
* People who have existing [mental health conditions](https://www.cdc.gov/mentalhealth/learn/index.htm).
* People who use [substances](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html) or have a substance use disorder.
* People who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
* [People who have disabilities](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html) or developmental delay.
* People who are [socially isolated](https://www.cdc.gov/aging/publications/features/lonely-older-adults.html) from others, including people who live alone, and people in rural or frontier areas.
* People in some [racial and ethnic minority groups](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html).
* People who do not have access to information in their primary language.
* People experiencing [homelessness](https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/index.html).
* People who live in [congregate (group) settings](https://www.cdc.gov/coronavirus/2019-ncov/community/shared-congregate-house/index.html).

[Mental health](https://www.cdc.gov/mentalhealth/index.htm) is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. [Mental health conditions](https://www.cdc.gov/mentalhealth/learn/index.htm) (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person’s thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Their healthcare provider should be called immediately if an issue arises.

The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. To learn more about the CDC please visit www.cdc.gov.

To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](http://www.facebook.com/safeglencovecoalition) or visit SAFE’s website to learn more about the COVID-19 Pandemic at [www.safeglencove.org](http://www.safeglencove.org).