

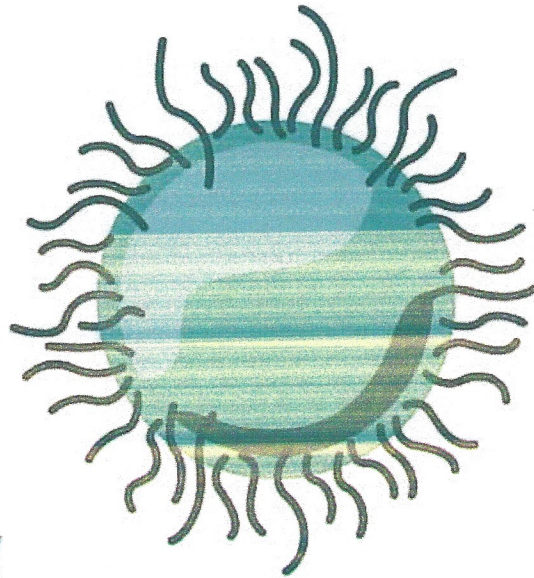
Why The Coronavirus Is Triggering Mental Health Issues:

Despair

Mindset switch from "living" to "survival"

Triggers feelings of hopelessness

Increased health anxiety



Decreased job security

Fear for loved ones lives

Promotes social withdrawal

Decreased financial security

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

