

Mental Health Amidst the Covid-19 Pandemic

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Areas of Significant Concern for General Public of Radnor Township

- ◆ Increase in Mood and Anxiety Disorders (*CDC data: 8.5% to 32.8% for depression, Oct 2021; 1 in 10 adults to 4 in 10 adults report anxiety or depressive d/o, Dec 2021)
- ◆ Increase in Substance Use Disorders
- ◆ Increase in Sleep Disorders
- ◆ Increase in Neurological Deficits
- ◆ Increase in Eating Disorders

Areas of Significant Concern cont...

- ◆ Lack of Access to Mental Health Care
- ◆ Post-Acute Sequelae of Covid-19
- ◆ Loss of Loved Ones
- ◆ Educational and Professional Losses
- ◆ Financial Hardships
- ◆ Social Isolation

Types of MH Treatment Programs to Support Radnor Community

- ◆ Local Inpatient & Residential Programs
- ◆ Local Intensive Outpatient Treatment Options
- ◆ Local Outpatient and Community Mental Health Clinics
- ◆ Local Private Practices
- ◆ Local Support Groups
- ◆ Local Support Hotlines
- ◆ Local Long Covid Clinics
- ◆ State and National Supportive Hotlines and Texting Services

Important Hyperlinks to Include on Radnor Township Website

- ◆ **Radnor School District Resources for Local Mental Health Support:**

- ◆ <https://www.rtsd.org/students-families/student-assistance-family-support>

- ◆ **Pennsylvania Resources for Mental Health:**

- ◆ <https://www.pa.gov/guides/mental-health/#COVIDMentalHealth>

- ◆ **Penn Medicine Covid Recovery Clinic:**

- ◆ <https://www.pennmedicine.org/for-health-care-professionals/for-physicians/covid-information/post-covid19-assessment-and-recovery-clinic-at-penn>

- ◆ **Locating a Therapist through the Pennsylvania Psychological Association:**

- ◆ <https://www.papsy.org/search/custom.asp?id=1939>

- ◆ **Locating a Therapist through the Philadelphia Society for Psychoanalytic Psychology:**

- ◆ <https://pspp.org>

- ◆ **Locating a Therapist through the Philadelphia Psychology Network:**

- ◆ <https://philadelphiapsychology.org/member-directory/>

Hyperlinks cont...

- ◆ **Emotional Support for Aging Adults:**

- ◆ <https://www.newhorizonsseniorcenter.org>

- ◆ **Penn Memory Center:**

- ◆ <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/geriatric-medicine/penn-memory-center>

- ◆ **Penn Sleep Center Radnor:**

- ◆ <https://www.pennmedicine.org/practices/sleep-center-radnor>

- ◆ **Eating Disorder Treatment Centers:**

- ◆ <https://renfrewcenter.com/locations/radnor-pa/>

- ◆ <https://seedsofhope.pyramidhealthcarepa.com/locations/>

- ◆ <https://www.montenido.com/locations/philadelphia-pa/>

- ◆ **Penn Psychiatry:**

- ◆ <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/psychiatry>

Hyperlinks cont.

- ◆ *Alcohol and Substance Abuse Treatment:*
- ◆ **Penn Medicine Center for Opioid Recovery and Engagement**
- ◆ <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/psychiatry/drug-and-alcohol-addiction-treatment/center-for-opioid-recovery-and-engagement>
- ◆ **Penn Medicine Drug and Alcohol Addiction Treatment**
- ◆ <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/psychiatry/drug-and-alcohol-addiction-treatment>
- ◆ **North Star Treatment Services King of Prussia:**
- ◆ https://northstartreatmentservices.com/?utm_source=google&utm_medium=gmb
- ◆ **Sobriety Solutions of Pennsylvania in Plymouth Meeting:**
- ◆ <https://sobrietyolutions.com/our-programs/sobriety-solutions-pa/>

Hyperlinks cont.

- ◆ **Inpatient Psychiatric Unit at Bryn Mawr Hospital:**
- ◆ <https://www.mainlinehealth.org/specialties/behavioral-health-inpatient-unit>
- ◆ **National Suicide Prevention Lifeline:**
- ◆ 1-800-273-8255
- ◆ <https://suicidepreventionlifeline.org>
- ◆ **Immediate Crisis Support:**
- ◆ Text “Home” to 741741
- ◆ Online Chat: www.imalive.org
- ◆ Trevor Project (LGBTQ) call 1-866-488-7386
- ◆ **Immediate Crisis Support due to Covid-19:**
- ◆ 1-800-985-5990 or text “TalkWithUs” to 66746 to speak to train counselor

Thank you!