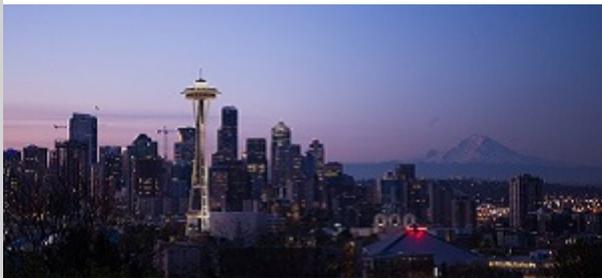


UW GLOBAL MENTAL HEALTH NEWSLETTER

Welcome to the GMH Newsletter

Welcome to the UW Global Mental Health newsletter! Each month we will feature a topic related to global mental health and spotlight a faculty member, student, staff member, or project. We will also invite our readers to respond to our question of the month and feature local and global GMH events and opportunities! Our writers include Wilson Hammett (2nd year, MPH candidate), Ingrid Sub Cuc (1st year, MPH candidate), Randi Perry (Junior, Public Health-Global Health), and Tessa Concepcion (Research Coordinator, UW GMH).



Perspectives from Seattle: COVID-19 and Mental Health

The current COVID-19 pandemic has resulted in widespread recommendations or mandates for physical distancing in countries across the globe. Stay-at-home orders, school closures, and abrupt changes to behavioral patterns have left millions with disrupted social networks. Although the literature on the mental health effects of epidemics is limited and focuses primarily on the disease itself, we know that large-scale economic or social disruptions and group traumatic experiences can lead to a variety of common mental and behavioral disorders. Domestic and child abuse rates often rise in times of crisis, and school and institution closures can cause harmful disruption to routines and limit regular access to mental healthcare. The importance of finding some sense of routine and community is now greater than ever, and many have come together to support others and offer hope in this global crisis. In cities around the world, we've seen messages of thanks and support for front line healthcare workers; resources created to financially support those who have lost income sources; movements to ensure local businesses, artists, and freelancers can stay afloat; and countless individuals volunteering their time and resources to the populations most vulnerable at this troubling time. This month, we spoke with several individuals in our community who are addressing the mental health effects of the COVID-19 pandemic. We asked them about their work and how they are coping with the pandemic's effect on their own lives... [\[Read the full article here \]](#)

Question of the Month

Each month we'll post a question to our readers. The following month's newsletter will

feature some of your responses to this question:

What brings you hope in times like this?
How do you see your community coming together in this time?

Events and Opportunities

Upcoming UW and Local Events

- **April 29, 2020:** Seattle, WA - [SMART Center Speaker Series: "Efforts to Stop the School to Prison Pipeline: Seeking Remedies to Racial Discipline Disparities Among Students with Disabilities"](#) - [Dan Losen, JD, MEd](#) hosted by University of Washington (Online Format – Zoom, check website for registration)
- **May 20, 2020:** Seattle, WA – [SMART Center Speaker Series: "2020 Legislative Session Outcomes: Ensuring Students Learn in Safe and Healthy Environments"](#) - [Chris Reykdal](#) (Online Format – Zoom, check webpage to register)
- **May 21, 2020:** [UW Global Mental Health journal club](#) hosted by the University of Washington Global Mental Health Program (Online Format – Zoom, check website for registration)

Upcoming Global Events

- **April 16-18, 2020:** Providence, US — [Annual Meeting of the Society for the Study of Psychiatry and Culture](#)
- **April 20 – 21, 2020:** Tokyo, Japan — [Global Experts Meeting on Psychiatry and Mental Health](#) (check for updates on location and registration) May 6, 2020 — San Diego, US — [Psychological and Medical Anthropology: Theoretical and Methodological Foundations for Global Mental Health](#) (hosted by the University of San Diego) – tentatively online
- **May 15-20, 2020:** New York, US — [Global Mental Health Summer Institute](#) hosted by the Teachers College of Columbia University (online format – Zoom, check website to register)
- **May 29-31, 2020:** Shanghai, China — [International Conference "Mental Health Care in Cultural Context"](#) hosted by the World Association of Cultural Psychiatry (POSTPONED TO NOVEMBER 13-15, 2020 check webpage for more information)

****Please note that due to the evolving situation of the Coronavirus (COVID-19) there have recently been changes to some key events.**

COVID-19 Resources & Toolkits

- **Links to Information on COVID-19 & Vulnerable Populations** - list of resources to help you find answers to questions concerning COVID-19 and vulnerable populations | <https://www.nihcm.org/categories/vulnerable-populations-resource-list>
- **Tools for Public Health and Community Action** - links to useful tools drawn from authoritative sources—the World Health Organization and the U.S. Centers for Disease Control and Prevention—and from the Community Tool Box, used by nearly 6 million people worldwide | <https://ctb.ku.edu/en/coronavirus-tools>
- **Mental Health America (MHA) and Shine** resources to care for coronavirus anxiety | <https://www.virusanxiety.com/>

Do you have something you'd like us to share in our newsletter?

Please email uwgmh@uw.edu with details!

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