UW GLOBAL MENTAL HEALTH NEWSLETTER

Photo of the Month

UW GMH had their virtual EAB meeting on May 6 and 7. Pictured here is half the EAB (top right - left): Ann Vander Stoep (UW GMH), Tessa Concepcion (UW GMH), Pamela Collins (UW GMH), Chris Kemp (UW GMH), Melvyn Freeman (EAB), Ian Bennett (UW GMH), Brad Wagenaar (UW GMH), Deepa Rao (UW GMH), Shekhar Saxena (EAB), Amritha Bhat (UW GMH), Simon Njuguna (EAB), Janice Cooper (EAB).

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, Pubic Health-Global Health), and Tessa Concepcion (Research Coordinator, UW GMH).

May is Mental Health Awareness Month

Now, more than ever, it is important for the mental health community to come together to promote mental health and well being, fight stigma, and advocate for mental health care quality and access. As a global community, we are experiencing [new forms of grief](#) and [feeling first-hand the impacts of isolation](#). We have also heard [stories of hope](#) and [global innovation](#). On May 13, 2020 the UN released a call for mental health integration into COVID-19 country responses. [You can read the full report here](#).

We wish you mental health and wellness, this month, and every month.

FEATURED TOPIC:
Digital Solutions to Mental Health Needs in the United States

Videoconferencing with a psychiatrist, a pill that is tracked by a smartphone app when swallowed, and virtual reality treatments are all ways in which technology is rapidly transforming mental healthcare. Digital health is a booming sector that helps close the gaps in many high-income countries and low- or middle-income countries alike, and the focus on mental health in particular has exploded in recent years. In the United States, researchers and program developers hope involving the technology sector can help to close the gaps in access to mental healthcare while providing financial gains for investors. More than 75% of Americans own a smartphone and even more have access to the internet, giving app developers and healthcare innovators an opportunity to expand mental healthcare treatment outside of the provider's office. As the number of new technologies to improve mental healthcare explodes, providers, patients, researchers, and policy-makers alike face challenges at understanding the solutions available and how to pay for them…. [Read the full article here]

SPOTLIGHT:
PHI COVID Awards and Mental Health

The Population Health Initiative has launched a COVID-19 rapid response funding call to support the University of Washington research community in quickly responding to the vast array of population health-related challenges created by the COVID-19 pandemic. This spotlight will feature two of the winners of PHI COVID Awards who are investigating the impact COVID-19 has on the mental health of vulnerable populations.

In this spotlight, we talked with **Drs. Kristina Adams-Waldorf and Amritha Bhat** about their project on **COVID-19 and pregnant women**. We also talked with **Georgina Perez** about her work (with GMH's Deepa Rao) on **COVID-19 in the Latina immigrant community**.

[Read the full Q&A here]

Events and Opportunities

Upcoming Events

Upcoming UW and Local Events

- **June 2, 2020:** Seattle, WA – [ONLINE]Rondtable: The Need For Community in The Times of a Pandemic check website for registration.

Upcoming Global Events

- **June 11-13, 2020 — San Diego, US —** [Tackling Stigma, Mobilizing Hope: Opening Doors to Quality Mental Health Care for All](#) hosted by the University of San Diego
- **June 26-28, 2020 — Moscow, Russia —** [III Congress on Mental Health: Meeting the Needs of the XXI Century. Children, Society and the Future](#)

**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 and Toolkits

[**UN Secretary-General Policy Brief: COVID-19 and the need for action on mental health**](#) **-** On May 13th the UN Secretary General released a policy brief leading the call to protect those most vulnerable from mental health crisis during and after COVID-19.

- [UN press release](#)
- [WHO press release](#)

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

Virusanxiety.com - resources to care for COVID-19 related anxiety https://www.virusanxiety.com/

COVID-19 and Mental Health: Open Letter to World Leaders - Powered by [Speak Your Mind Campaign](#)
[Sign the global voice petition calling for mental health action for all](#)