Why The Coronavirus Is Triggering Mental Health Issues:

- Despair
- Mindset switch from "living" to "survival"
- Triggers feelings of hopelessness
- Increased health anxiety
- Fear for loved ones lives
- Decreased financial security
- Decreased job security
- Promotes social withdrawal
- 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