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LETTER TO THE EDITOR

COVID-19 Pandemic: The Mental Health Issues and Challenges

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Dear Editor

People predicted to be stressed by the outbreak of new coronavirus illness 2019 (COVID-19). COVID-19-related fear and anxiety can be overwhelming, resulting in intense feelings in both adults and children. During the COVID-19 pandemic, new measures and implications are implemented, including quarantine and its effects on many people's daily activities and livelihoods (Ćosić et al., 2020). During the COVID-19 crisis, there is significant anticipation of increased loneliness, depression, anxiety, stress, suicidal conduct, dangerous drinking, and drug use. As part of its public health response, the World Health Organization (WHO) collaborated with partners to develop new resources on the mental health and psychological support aspects of COVID-19 (WHO, 2020). Over the last few months, the number of COVID-19 cases and deaths has continued to rise worldwide. The world has come to a halt as a result of this cause.

The words "lockdown" and "quarantine" are now familiar to practically everyone, and they have caused us to feel and experience a wide range of fears and emotions, including falling behind at work, loneliness in solitude, and stress over family and friends. For the time being, many people are hopeless (Ahmed et al., 2020). COVID-19-related concerns and worry, as well as its consequences, can be overpowering, and social isolation makes it even more difficult. Rumors and misinformation about the present pandemic might throw one's life into disarray. Stress, worry, fear, sadness, and loneliness are familiar feelings for many people. Furthermore, mental health conditions such as anxiety and sadness can deteriorate.

According to a poll done in China shortly after the COVID-19 outbreak, isolation as a result of quarantine directly impacts mental health. Isolation is likely to trigger various feelings, including despair,

anxiety, tension, heightened stress, drug usage risk, and memory loss, among others. Due to grieving over canceled events, future uncertainties, employment challenges, and other factors. However, when there is a crisis, it is natural to feel unhappy, puzzled, worried and stressed (Ahmed et al., 2020; Brooks et al., 2020). During the COVID-19 pandemic, the elderly and individuals with various ailments are at higher risk of stress and despair. Headaches, stomachaches, and difficulty concentrating are common symptoms of mental health problems (Vindegaard & Benros, 2020). Since the isolation attempts began, significant and consistent increases in depression and anxiety symptoms have been documented due to the COVID-19 issue (Ćosić et al., 2020; Fu & Zhang, 2020).

According to psychologists, concern over the COVID-19 is every day. It's also important to note that several symptoms of this sickness can be treated (Ali & Alharbi, 2020). As billions of people attempt to cope with the COVID-19 problem, it is predicted to impact global mental health significantly. These mental health problems resulting from COVID-19 lockdowns will last for a long time, even after the lockdowns (Dubey et al., 2020). According to a survey performed in the United States, 45 percent of respondents believe the COVID-19 situation affects their mental health. Stress is a natural part of our lives; nevertheless, uncontrolled levels can have

various detrimental effects on our immune, vascular system, brain, high blood pressure, blood sugar imbalances, and more (Rommelfanger & Ibáñez, 2020).

Several mental health organizations, groups, and agencies have formed expert teams to compile recommendations and public health instructional videos/articles for the general public and mental health professionals working in companies that provide online mental health services. Furthermore, groups of experts and mental health professionals in selected isolation facilities are assigned to provide on-site assistance (Li et al., 2020). COVID-19 instances, both suspected and proven, are likely to be concerned about profound health implications. As a result, individuals may suffer despair, anxiety, tension, denial, loneliness, and other symptoms, all of which might reduce treatment adherence. Fear and anxiety may result from a lack of awareness about the novel coronavirus (COVID-19) and the frightening news (Li et al., 2020). Both mental and physical health can be improved via regular exercise and eating nutritional meals. To avoid self-criticism, people should esteem themselves and treat themselves with respect and care. Starting the day with gratitude, staying in touch with family and friends on social media, and seeking help in the event of suicidal thoughts are the healthiest of all emotions.

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