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COSC 412

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Topic Proposal

Mental illness is a very common issue that many people suffer with. The National Institute of Mental Health estimated that in 2017, about 18.9% or one in five adults suffered from mental illness (“Mental Illness,” 2019). That is over 46 million people and only about half of those people receive treatment (“Statistics,” 2018).

Living through a pandemic can be very stressful. 2020 has been a year full of surprises including Coronavirus quickly spreading throughout the world. There have been many negative effects of Coronavirus including isolation, risks of getting sick, losing loved ones, millions becoming unemployed, and the inability to be financially stable. All of these stressors may lead or contribute to mental illness.

The Centers for Disease Control and Prevention implemented surveys to better understand the effects of COVID-19 on mental health. It was during June 24-30 of 2020 that there has been an increase in mental illnesses and symptoms in adults. 40.9% of adults responded that they underwent symptoms of mental illnesses including depression, anxiety disorder, trauma and stressor related disorder, or resorted to substance abuse (“Mental Health, Substance Use,” 2020).

Mental illness is something I have personally struggled with, specifically depression. Because not everyone is able or wants to receive treatment especially during a pandemic, I will create a self-help site based on my personal experiences and research. This site will consist of resources for further help, tips for specific illnesses and situations, and guidance on recovery. A subscription to this website is a very affordable and accessible resource for those who can not afford treatment or are not ready to seek help.

References

Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic -

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