

ASK THE DOC



COVID-19 and Mental Health



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September is Suicide Prevention Month and in an effort to continue to educate and inform people we serve, our Providers and our community, we would like to take a few moments to review some very important information.

What is suicide?

Suicide is when people harm themselves with the goal of ending their life, and they complete it. An attempt is when people harm themselves with the goal of ending their life, but they do not succeed. We recommend avoiding terms such as “committing suicide,” “successful suicide,” as these terms carry negative meanings.

Main Risk Factors:

- A history of attempts
- Chronic pain
- Depression, other mental health challenges, or substance use disorder
- Exposure to family violence, including physical or sexual abuse
- Exposure to others’ suicidal behavior, such as family members, peers, or celebrities
- Family history
- Presence of guns or other firearms in the home
- Recently released from prison or jail

What Can Be Done?

- Talk About It
- Seek Help from Professionals
- DWIHN Helpline is Available 24/7 800-241-4949



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WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will

- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

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COVID-19 DASHBOARD As of August 31, 2021

Michigan Confirmed Cases
946,698

Michigan COVID-19 Deaths
20,257

Wayne County Cases
(excluding Detroit): 117,473

Wayne County Deaths
(excluding Detroit): 2,787

Detroit City Cases: 58,324

Detroit City Deaths: 2495

7-day average of new cases: ~ 1901

Michigan case fatality rate: 2.1%

Wayne County fatality rate: 2.4%

Detroit Case fatality rate: 4.3%

Test positivity: 9.2%

Vaccination Dashboard

(For > 16 years)
1st dose tracker: 65.8%

Michigan (12 years and older)
First dose given: 5,180,404 (60.3 %)
Two doses given: 4,778,884 (55.6 %)

Wayne County:
First dose given: 627,259 (68.2%)
Two doses given: 571,772 (62.2 %)

City of Detroit:
First dose given: 238,710 (42.9%)
Two doses given: 195,458 (35.1%)

On 5/13/2021, the Michigan COVID-19 Vaccination Dashboard began including the population 12 years and older. This increased the population denominator by 497,961 people (from 8,096,917 to 8,594,878) and thus decreased coverage percentage.



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Latest COVID-19 News

- COVID-19 7-day average cases and test positivity has continued to rise. Much of that has been attributed to more contagious Delta variant.
- August 23, 2021: FDA-approved Comirnaty (COVID-19 Vaccine, mRNA), which was previously known as Pfizer-BioNTech COVID-19 Vaccine, for the prevention of people 16 years of age and older. The vaccine continues to be available under emergency use authorization (EUA), for individuals 12 through 15 years and for the administration of a third dose in certain immunocompromised individuals.
- The state released updated guidance on Aug. 13th, strongly recommending schools require universal masking inside buildings.
- Several counties have released masking policies, requiring school staff and students to wear masks. So far 179 traditional public-school districts in Michigan with 674,000 students now are covered by face mask rules for this fall. They represent 53.8% of all students in traditional public schools across the state. Wayne County announced a requirement Friday for all students and staff in pre-K through 12th grade to wear a face-covering indoors regardless of vaccination status.

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Latest COVID-19 News

- The Health and Human Service Department announced a plan to begin offering COVID-19 vaccine booster shots this fall with individuals being eligible starting 8 months after they received their second dose of an mRNA vaccine (either Pfizer-BioNTech or Moderna). This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC.

- **If a person needs a booster dose, does that mean that the vaccines aren't working?**

No. COVID-19 vaccines are working very well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection against mild and moderate disease. For that reason, HHS is planning a booster shot so vaccinated people can maintain protection over the coming months.

- **What's the difference between a booster dose and an additional dose?**

Sometimes people who are moderately to severely immunocompromised do not build enough (or any) protection when they first get a vaccination. When this happens, getting another dose of the vaccine can sometimes help them build more protection against the disease. This appears to be the case for some immunocompromised people and COVID-19 vaccines. The CDC recommends moderately to severely immunocompromised people consider receiving an additional (third) dose of an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) at least 28 days after the completion of the initial 2-dose mRNA COVID-19 vaccine series. In contrast, a "booster dose" refers to another dose of a vaccine that is given to someone who built enough protection after vaccination, but then that protection decreased over time (this is called waning immunity). HHS has developed a plan to begin offering COVID-19 booster shots to people this fall.