

# An Editorial on Public Health in COVID-19 Era

Yasin Muhammad\*

*Division of Adolescent and School Health, Centers for Disease Control and Prevention, Atlanta, Georgia, USA*

## EDITORIAL

The Centers for Disease Control and Prevention's (CDC) 2019 Youth Risk Behavior Survey Data Summary and Trends Report, as well as newly released 2019 Youth Risk Behavior Surveillance System data, demonstrate that US adolescents continue to suffer from poor mental health and suicidality at alarming rates. These findings are concerning enough, but the COVID-19 pandemic has the potential to exacerbate teenage mental health problems, particularly for those whose mental health was already compromised previous to the outbreak. Since the announcement of the Coronavirus Disease 2019 (COVID-19) pandemic, which is caused by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) virus, we have seen a significant shift in the way we organise ourselves socially and in our everyday routine. The abrupt departure from school, social life, and outdoor activities had a significant impact on children and teenagers.

Domestic abuse was also a problem for some of them as they grew up. Increased worry, changes in their meals and school dynamics, dread, and even failure to address the problem all have a direct influence on their mental health as a result of the stress they are subjected to. Our goal is to start a conversation about various topics and to notify public health and government officials about the need for surveillance and treatment of these people. We believe that effective and prompt intervention can lessen the damage to their mental health caused by this pandemic's negative effects. Extreme human catastrophes such as natural disasters, societal crises, military conflicts, and infectious virus-induced pandemic diseases, among others, can cause massive stress-related problems in civilizations all over the world.

The current COVID-19 pandemic, which is caused by a novel Corona

virus, began in Wuhan, China, and quickly spread throughout the world. It has impacted people from all walks of life, resulting in a variety of psychological issues such as anxiety, post-traumatic stress disorder (PTSD), fear and uncertainty, panic attacks, depression, obsessive compulsive disorder, xenophobia, and racism, among others. COVID-19 has persuaded the public mental health crisis worldwide. In addition, this assessment discusses the lack of public mental health service resources in numerous countries, which will be exacerbated by the forthcoming surge in demand for mental health services due to the COVID-19 pandemic.

All mental health disciplines, especially psychiatry, can contribute significantly to the well-being of COVID-19 infected people and their families, as well as healthcare providers and society. In order to deal with the current deteriorating situation created by the SARS-CoV-2 pandemic, we have to learn more about the psychological and psychiatric aspects of COVID-19 from public and worldwide mental health perspectives.

The 2019 new coronavirus (COVID-19) has swiftly spread over the world, posing a serious threat to individuals and communities, particularly in terms of public mental health. In China, substantial progress has been achieved in the prevention and control of the COVID-19 pandemic, but the epidemic's psychological effect has not subsided and may continue. In the post-COVID-19 era, public mental health should not be overlooked. The features and duration of the public mental health crisis following the SARS outbreak are listed in this article, which provides early warning for the public's mental health in the post-COVID-19 age. Furthermore, specific approaches and actions are provided based on the current circumstances in order to provide an effective reference for the prevention and control of psychiatric crisis induced by the COVID-19 outbreak.

**Correspondence to:** Yasin Muhammad, Division of Adolescent and School Health, Centers for Disease Control and Prevention, Atlanta, Georgia, USA; E-mail: yasinm@yahoo.com

**Received:** December 08, 2021, **Accepted:** December 13, 2021, **Published:** December 18, 2021

**Citation:** Muhammad Y (2021) An Editorial on Public Health in COVID-19 Era. *J Dep Anxiety.* 10:441.

**Copyright:** © 2021 Muhammad Y. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.