



Committee: N/A
Committee Review: At a future date
Staff: Leslie Rubin, Senior Legislative Analyst, OLO
Purpose: To receive and release a report - no vote expected
Keywords: #OLO, #COVID-19, #MentalHealth

AGENDA ITEM #2.H
July 28, 2020
Receipt and Release

SUBJECT

Receipt and release of Office of Legislative Oversight (OLO) research paper, *COVID-19 and Mental Health*.

EXPECTED ATTENDEES

None.

COUNCIL DECISION POINTS & COMMITTEE RECOMMENDATION

During the past week, Councilmembers received an electronic copy of an OLO Spotlight paper on *COVID-19 and Mental Health*. The purpose of this agenda item is for the Council to approve release of this paper to the public.

DESCRIPTION/ISSUE

- The Council has asked OLO to write reports on current issues related to COVID-19.
- Mental Health professionals have written extensively on the significant impact that the COVID-19 pandemic and the measures taken to respond to the pandemic are having on mental health in the United States. Stress related to COVID-19 deaths, job losses, economic distress, and social isolation is leading individuals to report increases in depression, anxiety, and other mental health issues. This short report highlights impacts that the pandemic has had on mental health in the United States, describes signs to help identify when someone is experiencing a mental health issue, summarizes steps that people can take to help manage mental health distress, and lists numerous resources that readers can access related to mental health and COVID-19.
- For today's agenda, OLO requests that the Council approve the release of this Spotlight paper.
- The report will be available on OLO's website following the Council's vote on its release.
<https://montgomerycountymd.gov/OLO/Reports/CurrentOLOReports.html>

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