

Mayo Clinic Minute: Mental health needs rise as pandemic fluctuates

Video	Audio
Jay-Sheree Allen, M.D. Family Medicine Mayo Clinic	"We're seeing a lot in the primary care setting now related to mental health issues, particularly major depressive disorder, generalized anxiety disorder and post-traumatic stress disorder."
	Dr. Allen explains how one might feel with these symptoms.
	"Loss of interest in things that you once enjoyed, feeling very hopeless, feeling very sad."
	The pandemic has had a rippling effect on mental health. It brought isolation, and grief of lives lost, and lives changed.
	"People who couldn't go to graduations, who postponed weddings, whose marriages fell apart during this time. I think there's a lot of grief that's driving some of these increased numbers of mental health diagnoses."
	As people continue to seek medical help, Dr. Allen says there is something we can do for each other.
	"We need to offer each other grace. One of my favorite quotes is: 'Be kind because everyone is fighting a battle you know nothing about.'"
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.