

## IIMHL & IIDL Leadership Briefing XIV

### COVID-19: A post COVID world – It's all about supporting people

Janet Peters, Steve Appleton, Kathy Langlois & Fran Silvestri

4 June 2020

This briefing looks at two recent publications relating to national approaches to a post-COVID-19 future: one in Aotearoa/New Zealand and one in the UK. They look at what is needed for people with mental distress in the future, they look at inequalities and what steps government agencies can take to ameliorate problems.

#### HE ORANGA HOU: SOCIAL COHESION IN A POST-COVID WORLD

University of Auckland May 2020

The crisis has highlighted position of those who were already experiencing social and economic difficulties. However, there may be many more people who will struggle as a result of the impact of COVID-19. Many more may become, frustrated, depressed, anxious and suffer a loss of hope which may persist for years. Under such conditions, social cohesion could be threatened.

Māori have historically experienced disproportionate adverse effects of infectious disease and have expressed concern that they have been inadequately involved in decisions that affect them in the current crisis. It is essential to recognise, acknowledge and support the often-inspiring leadership among Māori in addressing their communities' needs in this crisis. This also applies to Pacific peoples, both in terms of some of the community initiatives already in evidence, and that need further support and recognition.

In the transition to a post-COVID-19 world, New Zealand and New Zealanders will need to consider the factors influencing the nature and degree of social cohesion – and how to enhance social cohesion as a reset is undertaken. A number of questions will need to be addressed.

- Will there be new vulnerabilities that add to those already experienced by individuals, family/whanau and communities? Will the levels of belonging, inclusion and participation be reduced, thereby affecting levels of social cohesion? Or can we sustain a high level of cohesion?
- In a much more constrained world – economically and socially – will there be more or less recognition of those who are the most vulnerable?
- Will the confidence of New Zealanders in their core institutions and government during the acute phase be replaced by cynicism and reduced levels of trust in these institutions in the medium- to long-term?

Read more on this subject via the link below:

<https://informedfutures.org/wp-content/uploads/Social-Cohesion-in-a-Post-Covid-World.pdf>

## **COVID-19 and the nation's mental health: Forecasting needs and risks in the UK**

**Centre for Mental Health (CMH), May 2020**

The mental health impacts of COVID-19 are likely to be significant and sustained. Projecting the extent and duration of the effects on mental health is not easy. For people whose livelihoods are precarious, whose physical and mental health were already poor, or whose daily lives are unsafe because of abuse and violence, the psychological impact of COVID-19 is likely to be more serious and more prolonged.

If the economic impact is similar to that of the post 2008 recession, then it is reasonable to expect 500,000 additional people experiencing mental health problems, with depression being the most common.

The CMH predict that the biggest mental health impacts will be felt in groups of people such as:

- People with existing mental health difficulties
- People with long-term physical health conditions
- People directly affected by Covid-19: as patients, as health and care workers and as bereaved family members, friends and colleagues
- People who experience heightened risks from being locked down at home
- People on lower incomes and with precarious livelihoods
- People from Black, Asian and minority ethnic communities.

The report makes four recommendations, which you can find within the full report using the link below:

[https://www.centreformentalhealth.org.uk/sites/default/files/2020-05/CentreforMentalHealth\\_COVID\\_MH\\_Forecasting\\_May20.pdf](https://www.centreformentalhealth.org.uk/sites/default/files/2020-05/CentreforMentalHealth_COVID_MH_Forecasting_May20.pdf)