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# Psychological impact of COVID-19

Know the signs of anxiety, panic attacks, depression and suicide.

## **Signs of anxiety**

* Persistent worry or feeling overwhelmed by emotions.
* Excessive worry about a number of concerns, such as health problems or finances, and a general sense that something bad is going to happen.
* Restlessness and irritability.
* Difficulty concentrating, sleep problems and generally feeling on edge.

## **Signs of a panic attack**

* Sweating, trembling, shortness of breath or a feeling of choking.
* A pounding heart or rapid heart rate, and feelings of dread.
* Such attacks often happen suddenly, without warning.
* People who experience panic attacks often become fearful about when the next episode will occur, which can cause them to change or restrict their normal activities.

## **Signs of depression**

* A lack of interest and pleasure in daily activities.
* Significant weight loss or gain.
* Insomnia or excessive sleeping.
* Lack of energy or an inability to concentrate.
* Feelings of worthlessness or excessive guilt.
* Recurrent thoughts of death or suicide.

## **Risk factors for suicide**

* Talking about dying or harming oneself.
* Recent loss through death, divorce, separation, even loss of interest in friends, hobbies and activities previously enjoyed.
* Changes in personality like sadness, withdrawal, irritability or anxiety.
* Changes in behavior, sleep patterns and eating habits.
* Erratic behavior, harming self or others.
* Low self-esteem including feelings of worthlessness, guilt or self-hatred.
* No hope for the future, believing things will never get better or nothing will change.

## **Help is available**

If you or someone you care about is exhibiting these signs, help is available.

CALL: CITY OF BOSTON EMPLOYEE ASSITANCE PROGRAM

(617) 635-2200 or visit website for list of resources: [WWW.city](http://WWW.city) of Boston.gov/EAP

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“I couldn’t suppress these thoughts anymore.”