Defense Health Agency (DHA) Clinical Communities Speaker Series

Feb 2021 CCSS: Emerging Priorities in Women's Health

Department of Veterans Affairs (VA)/Department of Defense (DOD) Collaboration in Women's Mental Health: Available Resources for Female Service Members Transitioning from Active Service

Resource List – February 2021

The Centers for Disease Control and Prevention (CDC) provides information to help individuals cope with stress, particularly during this pandemic. Wearing protective personal equipment and social distancing are necessary actions to reduce the spread of the virus, however, they can make people isolated and lonely. Coping with Stress (CDC, 2020) presents a healthy way that will make you, the people you care about, and your community stronger.

While quarantine can broadly serve the public good, itis also associated with psychological challenges for those quarantined, their loved ones, and the healthcare workers caring for them. Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know (CTST, 2020) describes the psychological effects of quarantine, as well as strategies for how healthcare providers can care for their patients' and their own mental well-being during periods of quarantine.

Depression is more common among women than men, likely due to certain biological, hormonal, and social factors that are unique to women. The National Institute of Mental Health (NIMH) continues its study on depression to improve diagnosis and treatment. Depression in Women: 5 Things You Should Know (2020) contains an overview of five things that everyone should know about depression in women. Resources on where to find help is also available.

The Key Substance Use and Mental Health Indicators in the United States: Results from the 2019 National Survey on Drug Use and Health (NIMH, 2020) report summarizes key findings from the 2019 National Survey on Drug Use and Health (NSDUH) for national indicators of substance use and mental health among people aged 12 years old or older in the civilian, noninstitutionalized population of the United States. The findings include an increase in the number of adolescents, young adults and adults with major depressive episode, mental illness, co-occurring mental health issues and substance abuse disorder, and other conditions.

VA Office of Mental Health and Suicide Prevention Guidebook (VA, 2020) highlights information on the range of VA mental health services and related programs on both national and local level. The guidebook is designed to address the mental health needs to Veterans and their families. A major part of support is providing timely access to high quality, evidence-based mental health care.

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