

# Social and Behavioral Health During COVID-19

The pandemic has impacted Utahns in significant ways, yet preliminary data shows Utahns are resilient.

## Key Takeaways

- The typical response to multiple stressors and crises is resilience and recovery; most people live through and effectively manage crises, serious mental illness, and extremely difficult circumstances.
- Receiving care in a timely manner is critical for people experiencing increased emotional, mental, or substance use related concerns.
- Providers have the ability to meet with patients virtually and facilities are taking abundant and effective precautions to prevent the spread of COVID-19—it is safe to seek professional help.

## In the first 39 weeks of 2020



The number of suicide deaths did not increase and has remained consistent with the previous three years.



Fatal drug overdoses remained stable, were consistent with drug overdose death counts in 2019, and were lower than drug overdose death deaths in 2018.

## In the first 50 weeks of 2020



The number of emergency department visits from drug overdoses or alcohol use remained stable.



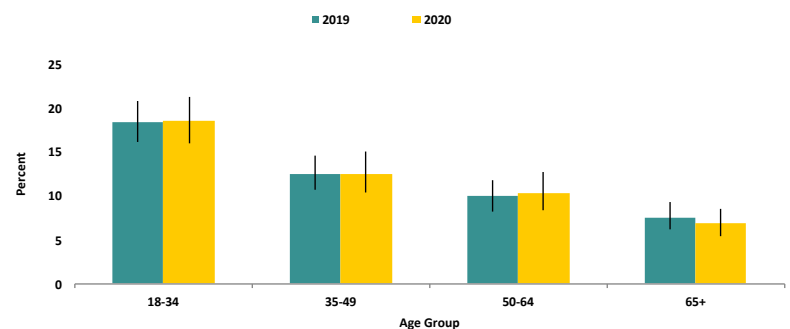
Reports of suicide ideation and attempt remained stable.

Syringe service utilization increased in the first eight months of 2020 (compared to 2019), but this increase is likely due to expansion of services across the state.

There was no significant difference in the rate of Utah adults reporting frequent mental distress from March through August of 2019 compared with the same time period in 2020 (13.5% and 13.4%, respectively).

Calls to the Suicide Prevention CrisisLine increased throughout the first 10 months of 2020, but this growth is similar to increases in previous years.

## Percentage of Adults Reporting Frequent Mental Distress by Age Group, Utah Mar-Aug 2019 and 2020



Seek help for yourself or for someone you care about:  
800-273-TALK or find more resources at  
[coronavirus.utah.gov/Mental-health/](https://coronavirus.utah.gov/Mental-health/)