



COVID-19 and Healthcare: The Ripple Effect

A Focus on Mental Health

The impact of the COVID-19 pandemic is having a ripple effect across all areas of the healthcare industry — and more changes are expected.

To help navigate the short, medium and long-term effects of the COVID-19 pandemic, and the impact on the healthcare space, we have brought together expert opinions from across [AVENIR GLOBAL](#) on our [Ripple Effect](#) site.

Each month, we focus in on a particular healthcare theme or therapy area being impacted by the pandemic to bring you a practical resource containing timely insights on the topic for industry leaders such as yourself.

October 10th marked Mental Health Awareness Day, but at AVENIR GLOBAL we believe it's important to not just limit the focus on mental health awareness to one day. And so this November we want to maintain the momentum and dialogue around this important topic and focus on the ripple effect COVID-19 is having on mental health and what steps we can take to improve the situation. Read more below.

If you have any questions, or require any further information, please get in touch by responding to this email.



Constructing a healthy digital world

With the news cycle spinning at warp speed, contact with colleagues and friends in mainly 2D, and mental health a WHO-recognized indicator of COVID-19's impact, taking control of your digital world has never been harder – or more important. One of the ripple effects of receiving and digesting so much digital information and communications in 2020 has been the impact on people's mental health.

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What the looming mental health crisis means for health inequalities

It is already clear that the people who will be disproportionately impacted by the pandemic are those who are already impacted by health inequalities. Action must be taken to ensure groups receive the mental health care they require.

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Employee wellness tips for healthcare workers

The impact of COVID-19 on healthcare providers is significantly higher than most and continues to create a ripple effect of significant burdens. But there are steps hospitals, provider networks and systems can consider that will help to build and support a culture of employee wellness and engagement.

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Ensuring that mental health is more than just one day

Current research shows that employees require more structured support when it comes to their wellbeing. So, what can be done to ensure that mental health is part of a company's overall strategic business plan, with real actionable commitment, rather than a one-off annual event?

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Bridging gaps and building bridges to navigate healthcare avoidance

The current paradigm to strive to diagnose and treat diseases early and effectively remains unquestionable. However, COVID-19 has challenged this central dogma and left us with an unparalleled growing global healthcare crisis. Reports are clear that the pandemic is creating numerous ripple effects for patients who are facing delays to both the diagnosis and treatment of their chronic conditions, with worrying consequences.

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Increasing access to mental health support

Our mental health has taken a beating this year. One of many ripple effects from COVID-19 is the toll that living through a pandemic has taken on people's emotional, psychological and social wellbeing. Fortunately, one "positive" from the past few months is an elevated dialogue about the importance of mental health. More people are talking about mental health concerns and more companies are innovating ways to support people's total wellbeing than ever before.

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Advancing health outcomes from discovery to delivery.

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