How are Long COVID and mental health related?

- Due to overlap in psychiatric symptoms of Long COVID and mental illnesses, it can be difficult to accurately diagnose Long COVID. (AHA)

- It can also be difficult to verify if mental health symptoms were present prior to Long COVID, or if they emerged after the illness. (AHA)

- Shared symptoms between Long COVID and mental health conditions include: sleep issues, fatigue, changes in appetite and concentration, and others. (AMA, HHS)

- Some populations are at higher risk for Long COVID such as ethnic minorities, the elderly, LGBTQ+ people, and people who have preexisting mental health conditions or physical disabilities. (HHS)


The Intersection of Long COVID and Mental Health
March 2024 - English

CDC DATA ON YOUTH MENTAL HEALTH DURING COVID-19

Available Resources

2. Contact NAMI at 800-950-6264 to see if there is a support group available specific to your needs.
3. Survivor Corps created an interactive map to help people find a Post-COVID Center near them.
4. Find a culturally relevant therapist through the Asian Mental Health Collective.
5. Refer to NAAPIMHA’s website to review culturally relevant mental health resources and AANHPI providers.

Long COVID and Mental Health Facts

- Nearly 1 in 5 adults aged 18-65 who have had COVID-19 will also suffer from Long COVID. (CDC)

- Asian American (AA) adults who have not been vaccinated are the least likely racial group to have antibodies for the virus that causes COVID. (CDC) Asian Americans also have the highest rate of Long COVID-19 with the highest rate of severity in symptoms. (U.S Census Bureau)

- Rates of anxiety and depression increased by 25% in the first year of the COVID-19 pandemic. (WHO)

- In 2021, 40% of AA adults and 38% of NHOPI adults reported having mental health issues, compared to ~10% and 16.6% in 2019, respectively. (AHA, SAMHSA)


Centers for Disease Control and Prevention. (2023, June 22). Nearly one in five American adults who have had COVID-19 still have “long covid.” Centers for Disease Control and Prevention.

SAMHSA, 2020. Results from the 2019 National Survey on Drug Use and Health (NSDUH). Mental Health Detailed Tables. Table 8.21B.

Williamson, L (2022, May 25). Asian American, Native Hawaiian and Pacific Islander adults less likely to receive mental health services despite growing need. American Heart Association.

Long COVID FAQ

What is Long COVID?
Long COVID is known by many names, including Post-COVID Conditions, post-acute COVID-19, and chronic COVID, among others. It is characterized by health problems that occur at least 4 weeks after initial infection with COVID-19. (CDC)

How do I know if I have Long COVID?
There is no test that can diagnose Long COVID. Visit your doctor or go to a post-COVID Care Center (PCCC) to receive a health assessment and diagnosis.

The assessment will cover a full physical and mental health assessment to determine the best treatment plan. (CDC)

Is Long COVID preventable?
Yes! Taking at least one dose of a COVID-19 vaccine decreases the chances of Long COVID by about 30%. (Marra)

Long COVID FAQ

If I have Long COVID, will I also have mental health issues?
Long COVID is associated with increased risk of mental health issues such as depression and anxiety. (Goodman et al.) It is difficult for your body to cope with ongoing struggles and lifestyle changes; over time it can result in mental health struggles. There is no definite answer, which is why it’s important to seek help from a healthcare provider and take steps to care for your mental and physical health.

How can I treat mental health issues caused by Long COVID?
If you think you may be suffering from mental health issues, please seek advice from a healthcare professional. Treatment plans will vary based on your specific symptoms and conditions. You can also implement holistic self-care strategies and healthy coping mechanisms to support your mental health.

Mental Health Self-Care Strategies

Practice Mindfulness
Deep breathing and meditation can help calm your mind

Exercise regularly
Even small amounts of regular exercise can improve your mental and physical health

Express Yourself
Journaling, art, or other enjoyable hobbies can help foster positive thoughts

Socialize with others
Friends and family can help by providing emotional support and fun times

Implement Daily Self-Care Routines
Improving your sleep schedule and eating habits can help ensure your body has the energy it needs


