



NEWS RELEASE

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Mental Health Issues Rise as The Realities of Covid-19 Wage War on Minds *Mental Health Advocacy & Support Relief During Pandemic*

SAN DIEGO, Calif.— The world halts, yet it continues to orbit around a pandemic named Covid-19 that wages a silent war on the norms, the mere beliefs societies once shared, and experts speculate a surge in mental health issues in lieu of this pandemic is on the rise.

This time last year somewhere in San Diego a family, a group of friends once gathered in a backyard, they prepped a grill after the cool down of a swim, or they simply met at a restaurant during happy hour to cast their cares away, and none of them imagined that the unforeseen would interrupt such casual activities that existed prior to Covid-19, perhaps taken for granted by many. Uncertainty draws near.

Social distancing is a new norm. Several government agencies provide best practice methods for Covid-19 preventive health care while there is less media circulated advocacy for mental health support during this pandemic. Mental health care services are still being provided during the Covid-19 crisis and many mental health care practitioners are incorporating innovative ways to provide services to those in need.

“When a crisis like this is present, mental health symptoms increase. I want people to know that online teletherapy is available, you can still speak to a therapist like myself on video or phone. It is still confidential and sessions are accepted by most insurances.” Cecile Ahrens said.

Cecile Ahrens, Psychotherapist, LCSW-CEAP in wake of Covid-19 is amplifying mental health advocacy as she continues to promote mental health awareness, break stigmas that prevent people from seeking care and creating different community engagement platforms that spark conversations to influence utilization of mental health care services.



Ahrens is the owner and clinical director of Transcend Therapy. She is a bi-lingual Psychotherapist with over 20 years of applied experience. She specializes in PTSD trauma, anxiety disorders, mood disorders, relationship issues, domestic violence, women’s issues and more.

“As the number of cases of COVID-19 increase, so does the associated anxiety”, non-profit organization Mental Health America said. MHA is a non-profit organization that advocates for mental health wellness for Americans.

“There are some mindful ways that we can get through this that can help us rather than harm us”, Ahrens said.

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“The outbreak of infectious diseases such as the recent Coronavirus Disease (COVID-19) can be a stressful time for individuals and communities. It is not uncommon to feel anxious or worried while listening, reading or watching the news. While it’s necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19, the constant news cycle coupled with social distancing measures can have a real impact on mental health,” The County of San Diego Health & Human Services (Behavioral Health) remarked.

During a crisis such as the Covid-19 pandemic, “For people who have a lot of mental health challenges anxiety is high, depression is high and let’s be sensitive to ourselves and to others”, Ahrens said.

Ahrens collaborates with Life Coach & Mental Health Community Advocate Tee Smith on a mental health advocacy Facebook platform named GET MENTAL. The two engage community members in conversation about topics relative to mental health and awareness. Together, they connect clinical mental health expertise with real-life experiences while advocating for public mental health awareness.

To join their conversations about mental health topics go to Facebook and search GET MENTAL. For more information about Transcend Therapy and to schedule a consultation with Cecile Ahrens call (619) 823-1832 or email: transcendtherapy@gmail.com



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