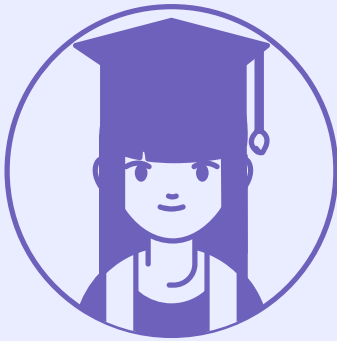# COVID-19 and Mental Health Inequality

The COVID-19 pandemic has affected people of all ages and financial backgrounds. However, it hasn't affected everyone equally.

## College Students

With college education being held remotely, students no longer had the luxury of staying at a dorm. While some students were able to rely on their parent's vacation homes, other students had to make sure their families didn't go homeless.

## Working Families

Working-class families needed to focus on getting a paycheck, but also on their health, their home, and food. Nothing was easy to do, and the fear of losing a loved one is strong.

## Workers

Not all workers had the luxury to work from home. Many blue collar and minimum wage workers got laid off, and local family businesses struggled the most. As a result, people had to risk their lives for money.

## Mental Health

The mental health of individuals has been affected unequally. Some students needed to help out their family, while also focusing on their assignments. These events are stressful for them and therefore, they can develop various mental illnesses.

## Institutions

**54%**
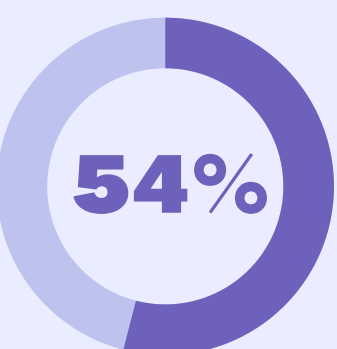
On top of the mental health crisis, 54% of mental health institutions were closed. If someone would like to consult in these services, they would have to wait around 3 weeks. On top of this, funding for these services has been cut, therefore the quality of service isn't great.

Noor Shamanta Jahan

12/8/2021

ENG1121

Word count: 525

Artist's Statement

I designed my infographic to emphasize the effects of COVID-19 on the mental health of

people. I chose a simple color palette for my graphic, variations of purple as I find the color to be

calming. I kept the design and text simple to get the point across efficiently. My design has five

main points: the effects on the mental health of college students, families, workers, and then I

tied them into each other with the last two modules. Each of the modules was organized for

efficiency and in an order that makes sense. For example, students are one of the most avid riders

of subways and buses so something like this would catch their attention first, and then they

would continue to read the rest of the flyer, which isn't very wordy so it's a simple read.

I created this piece for awareness of mental health. I have personally experienced the

mental health services NYC provided during the pandemic, and it felt very monotonous, as

though the worker was reading to me a list of questions they had to ask. It made me feel like they

didn't care about what I was going through. In many cultures and societies, mental health is generally a taboo topic. I always see memes where people make fun of baby boomers for considering therapy a taboo
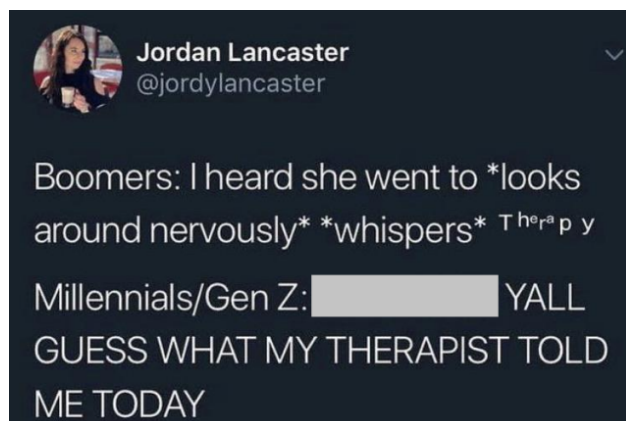
topic, but gen z is completely open about it. It should be mentioned that boomers practically run higher-up jobs, which is why I think we don't focus on the mental aspects as much as we should. With my infographic, I hope to bring more attention and activism to the mental health crisis. I wish to target those in higher-up positions who have the power to change such old habits, but they don't.

Despite the US budget for medical needs being low already, the budget for mental health services is a lot lower. My research was especially helpful in creating this infographic, especially for the last module, "Institutions." Numbers give a sense of urgency and bring a certain impact to the viewer to show how shocking something can be.

Even though my goals for the piece are ambitious, I'm aware it will not have much of an impact on people. After all, in essence, this is simply an infographic that hasn't been promoted anywhere. Plus, I don't think an infographic has much of an impact, as it's simply like a simplified essay. However, I think infographics like these are helpful for simple things such as presentations, or flyers in common places like the subway or bus. I always catch myself looking at the advertisements on subways when I'm sitting down. I think if the last module, "Institutions" were promoted with a big focus on the percentage, it would catch many people's attention. Perhaps they would be shocked to learn how many people suffer from these issues, yet we are closing these institutions.

I think it's taboo to not talk about mental health. It's often overlooked and something like this needs to be changed for the sake of millions of people who suffer daily. I hope my piece brings more awareness to this issue.