

May 28, 2020
For Immediate Release

Contact: [Steve Walker](#) (619) 531-3890
[Tanya Sierra](#) (619) 531-3315
En Español [Barbara Medina](#) (619) 531-3305

In Wake of COVID-19, Mental Health Awareness Month More Significant

Staying at Home and Isolation Increases Anxiety, Help is Available

As Mental Health Awareness Month comes to a close, San Diego County District Attorney Summer Stephan is reminding the public that resources are available, even during the COVID-19 pandemic. While San Diegans are doing their part to stop the spread of the coronavirus, it is more important than ever to be mindful of mental health and the resources that are available in the County.

“We know there is an intersection between untreated mental health, substance abuse and the criminal justice system and that this can be triggered by isolation due to the pandemic,” DA Stephan said. “Don’t be afraid to ask for help if you are struggling. We want the public to know there are resources available even during the pandemic. The last thing we want is for untreated mental health problems to turn to violence. Remember, social distance doesn’t have to mean social isolation.”

Any member of the public can use [211 San Diego](#) as a starting point for services. In addition, [NAMI San Diego’s COVID-19](#) page offers assistance for those in need. Last year, the District Attorney’s Office created a [911 palm card](#) that it provided to police agencies, the public and mental health organizations with steps the public should take when providing information to 911 dispatchers on calls for service especially those involving family members with mental health issues and what they should expect when police arrive.

Despite the COVID-19 pandemic, we continue to work with Behavioral Health Services and other stakeholders to bring to the community critical mental health services described in the DA’s Blueprint for [Mental Health Reform](#), such as crisis stabilization centers.

“We are all feeling trauma with our routines upended and normal life on hold,” said Luke Bergmann, Director of Behavior Health Services for San Diego County. “With an economic downturn already in motion, we know that risks to behavioral health are especially high. Early intervention can prevent suicide or overdose. That’s why we are reminding everyone that it’s important to talk about your mental health and that the treatment system is open and accessible. If you have a phone, you can get help.”

Follow the District Attorney’s Office on



#

About the San Diego County District Attorney's Office

The San Diego County DA's Office prosecutes all felony crimes in the county and misdemeanor crimes committed outside the City of San Diego. The office files about 40,000 criminal cases a year and balances prosecution with numerous crime prevention programs. District Attorney Summer Stephan leads the office of more than 1,000 dedicated employees who pursue fair and equal justice, and support victims daily across San Diego County.