

A primary mission of the [Nevada Psychiatric Association](#) is to educate others on psychiatric and mental health issues including promoting the best interest of our patients and those accessing Nevada's mental health services.

We are in a period of great turmoil and change. A time of uncertainty yet also growth. Nevada's mental health system is stressed at many levels. We urge the state to seriously consider and evaluate the strengths and weaknesses of our mental health system without cutting essential public mental health services.

In the pre-COVID19 world, [1 in 5 adults lived with any mental illness, and 1 in 25 lived with a serious mental illness](#). This includes [16% of the Black and African-American communities](#) who, along with Indigenous people and other People of Color, have historically faced [disparities in all aspects of healthcare](#).

We cannot know how the post-COVID world will impact mental health, but [early indications suggest](#) it may exacerbate rates of anxiety, depression, and PTSD. Also of great concern are increases in suicide, domestic violence and child abuse. In addition, how we communicate our fears, stress, and struggles to our children can lead to [shared trauma](#), but it can also lead to increased [resilience](#), strength and healthy coping.

Nevadans are collectively sharing many new and traumatic events all at once. Each of us is dealing with our own personal crises. We are all facing a range of emotions from fear, sadness, desperation to passion and hope. For some, the crisis may trigger new or underlying mental health issues. For others with severe mental illness, the current crisis amplifies challenges they were already facing.

Now is the time for us to create, support and grow programs that help [build resilience](#) to avoid the negative mental health effects of trauma.

Now is NOT the time to make cuts to essential mental health services. We must tailor our resources to respond to this crisis, increase access to services, and maintain continuity of care in the future. Robust mental health services and programs can help address the [harm done to our mental health from current and historical events](#).

