

Introduced by: Councilmember McCray

A Resolution Entitled

A Council Resolution concerning **Informational Hearing - COVID-19 and Mental Health**

For the purpose of inviting representatives from the Baltimore City Health Department, the Mayor's Office of Children and Family Success, the Mayor's Office of Homeless Services, and members from the Baltimore City healthcare community to appear before the Baltimore City Council to discuss the financial, physical, and social impacts that COVID-19 has had on the mental health of Baltimore City residents and what resources are available to help people cope and recover from this trauma.

Recitals

When recognizing the various ways that feelings of isolation and poor mental health can lead to depression as well as a series of adverse physical health, it is increasingly important to acknowledge the ways in which living during a pandemic can negatively affect mental health and trigger depression, higher risks of mortality, and increased levels of inflammation that lead to chronic health conditions. We also must recognize the impact on mental health for survivors of COVID-19 and family members of the over 900 members of our communities who have lost their lives due to the Coronavirus.

Living under COVID-19, residents have not only spent increased amounts of time isolated from those they love, but they have had to deal with the general stresses that come with living during a pandemic. These stresses may be related to worry or fear about oneself or a loved one contracting the virus, especially those with a pre-existing medical condition. There may be the stress of not knowing when the pandemic will end and feeling like they have no control of how the situation affects their life.

The contagion of COVID-19 has left our residents without the warmth of their loved ones, and instead with indefinite periods of isolation and loneliness. As we continue to prioritize stopping the spread of the Coronavirus, we must address the consequences that quarantine, toll and stress of financial uncertainty, restrictions in social and family gatherings, disruption of non-essential services delivery, and suspension of cultural and sporting activities can have on mental health, and the various ways in which mental health impacts mental and physical well-being.

Now, therefore, be it resolved by the City Council of Baltimore, That the Council invites representatives from the Baltimore City Health Department, the Mayor's Office of Children and Family Success, the Mayor's Office of Homeless Services, and members from the Baltimore City healthcare community to appear before the Baltimore City Council to discuss the financial, physical, and social impacts that COVID-19 has had on the mental health of Baltimore City residents and what resources are available to help people cope and recover from this trauma.

And be it further resolved, That a copy of this Resolution be sent to the Mayor, the Baltimore City Health Commissioner, the Executive Director of the Mayor's Office of Children and Family Success, the Acting Director of the Mayor's Office of Homeless Services, the President of the Maryland Hospital Association, and the Mayor's Legislative Liaison to the Baltimore City Council.