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# The Source Addiction Treatment Center Responds to Rise in Mental Illness Among Those Whose Income Fell During COVID-19 Pandemic

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Fort Lauderdale, FL?COVID 19 has impacted life as we know it in just about every way possible. For the first time, being able to work became something of a luxury as thousands lost their jobs or had their hours significantly cut. This change brought a drastic spike in the development of mental illnesses across the board. However, arguably the most impacted by this were those who were forced to rely on unemployment or worse, credit cards, to make ends meet. Surveys conducted nationwide have shown that 4 in 10 people have experienced anxiety or depressive symptoms since the onset of the pandemic. This is an increase from the 1 in 10 people who reported these same symptoms in the year prior.

According to a national survey, 42% of those struggling with mental illness classified their mental health as ?poor,? a 13% increase from pre-COVID days. Additionally, an unprecedented number of young adults have experienced symptoms of depression or anxiety. Roughly 56% of young adults surveyed identified experiencing these symptoms. This is due in large part to the shift to dependence on federal assistance as a source of income after having been able to support themselves for years by working.

For those who were struggling financially before the pandemic, mental health issues are also on the rise. People of color are disproportionately affected by financial strain and minorities were two times more likely to need financial assistance during the pandemic. Conversely, those whose income increased or was unaffected by the pandemic experienced the lowest rates of mental illnesses. Research done during periods of past economic turmoil, such as the 2008 housing market crash, indicates that job loss is correlated with the development of depression, anxiety, substance use, and stress. Adults who experienced job loss due to the pandemic were significantly more likely to experience this than those who maintained employment. 53% of those who lost their job reported struggling with mental illness as opposed to only 32% of people who did not.

The results of this survey indicate a clear need for policies that address mental health and income disparities to restore some level of normalcy post-pandemic. This is especially important for those who were impacted by financial hardships as a result of job loss as it clearly predisposed people to developing new or worsening mental health conditions.

For anyone struggling with a mental health crisis, substance abuse, or both, know that effective help is available. The Source Addiction Treatment Center in Fort Lauderdale provides comprehensive treatment for addiction in an unconditionally loving environment. At The Source, treating addiction at the root means exploring and healing the trauma and mental health conditions that are often the driving forces behind substance abuse. To learn more, call (800) 204-0418 or visit their website at [www.thesourcetreatmentcenter.com](http://www.thesourcetreatmentcenter.com). Help is available 24/7 and is always confidential.

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For more information about The Source Treatment Center, contact the company here: The Source Treatment Center (800) 204-0418 1730 E Commercial Blvd, Fort Lauderdale, FL 33334

## The Source Treatment Center

*The Source Treatment Center is the #1 addiction treatment center in Fort Lauderdale, Florida. Specializing in alcohol, rx and drug rehab. We are excited to help everyone who calls or walks through our doors.*

Website: [https://www.thesourcetreatmentcenter.com/](http://www.thesourcetreatmentcenter.com/)

Phone: (800) 204-0418



