

Global rates of depression and anxiety in children increased significantly during the first year of the COVID-19 pandemic. Depression spiked to 25.5%, while anxiety rates doubled to 20.5% (Racine et al., 2021). With this escalation, countries across the world will need to allocate resources to address pediatric mental health concerns. Research regarding the long-term impact of the pandemic on mental health will also be necessary.

Racine, N., McArthur, B. A., Cooke, J. E., Eirich, R., Zhu, J., & Madigan, S. (2021) [Global prevalence of depressive and anxiety symptoms in children and adolescents during COVID-19: A meta-analysis](https://doi.org/10.1001/jamapediatrics.2021.2482)Links to an external site.. *JAMA Pediatrics*, 175(11), 1142–1150. <https://doi.org/10.1001/jamapediatrics.2021.2482>

- a. Identify at least two resources that are needed to address the mental health needs of the pediatric population.

Racine et al (2021) states that globally the pediatric rate of depression and anxiety increased drastically the first year of the covid-19 pandemic. According to the meta-analysis depression increased to almost 26% while anxiety increased to almost 21%.

1. One of the major barriers to pediatric mental health services is the affordability ("Ensuring access to affirming mental health care for LGBTQ+ children and teens," 2021). One resource would include funding for counseling, therapy and medication management.
2. It is also important to ensure an adequate supply of mental health providers. This would not only include PMHNPs but also child psychiatrist, psychologist and social workers. Having these professional that are experts in children and adolescents mental health is crucial ("Child and Adolescent Psychiatry," 2020).

- b. Describe one strategy at the local, state, national, or international levels to expand access to care.

1. The first strategy to expand access to care is to increase the use of telehealth