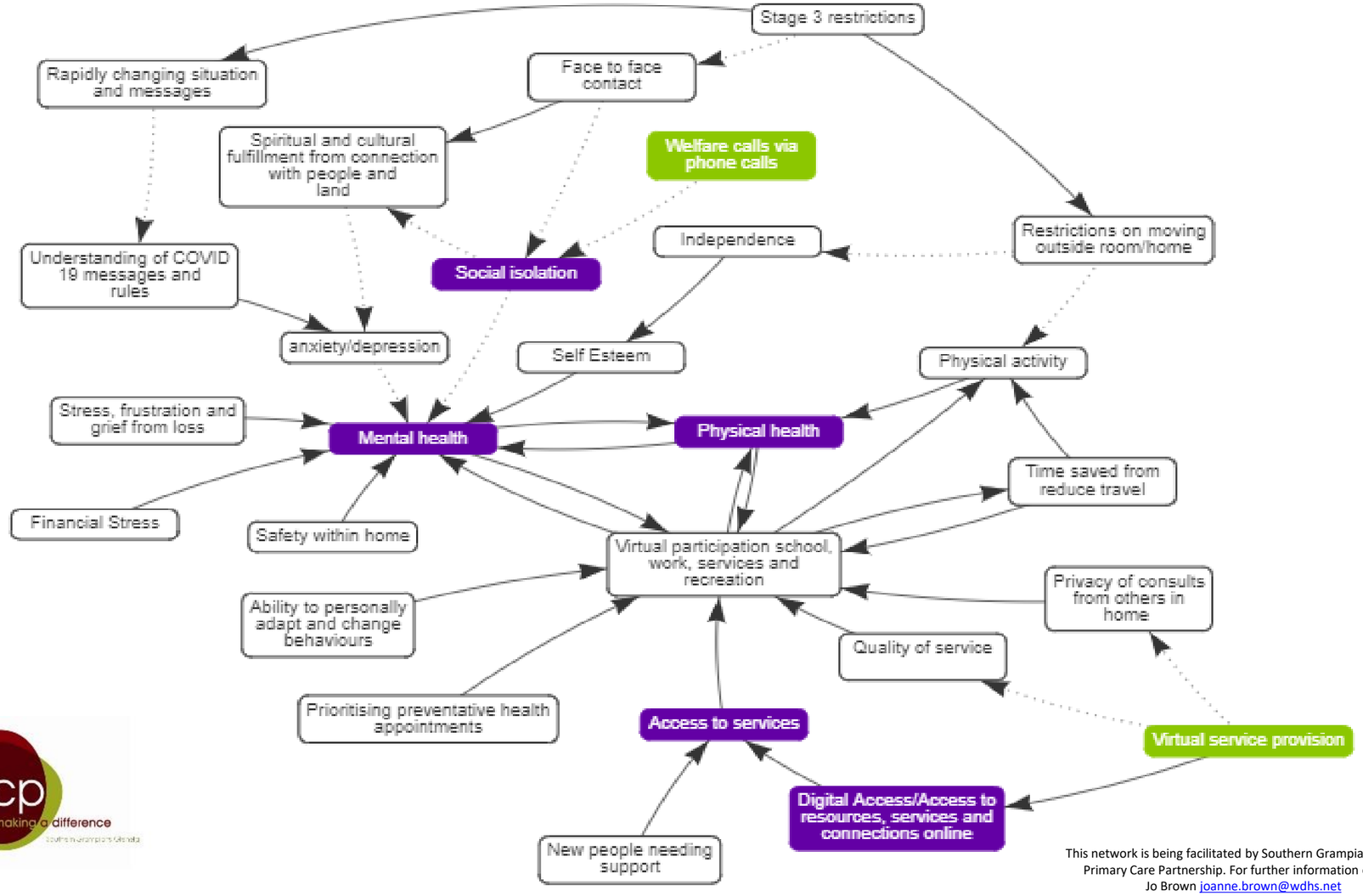
Collaboration for Community Resilience - COVID 19

Summary Paper : Meeting 5 May 13, 2020.

Detailing the influences on Mental and Physical Health



The impacts on **Mental and Physical Health** were translated into a Causal Loop Diagram (CLD) by the group in recognition of the complexity and connections between the factors and variables. This CLD also shows connections to the other factors discussed in previous meetings such as **social isolation**, **access to services** and **digital access.** The were many and varied discussions shared by meeting participants. Some of the stories captured are explained further below:

The bottom right corner of the map shows how **physical** and **mental** health are connected to **access to services** and **digital access**. We mapped stories where the **increase in virtual service provision** has increased **digital access** which results in increased **access to services**. This increase in **service access** results in an increase in **virtual participation** resulting in an increase in both **physical** and **mental health**. The opposite can also be true whereby a decrease in **virtual service provision** leads to a decrease in **access** resulting in a decrease in **virtual participation**. Last week the group talked about virtual access increasing anonymity whereas this week the group highlighted that the increase in **virtual service provision** had caused a decrease in **privacy of consultation** (particularly due to family members being present in the home) and this is causing a decrease in **participation in those services**. There were also stories around the increase in **virtual service provision** resulting in a decrease in **quality of service** causing decreased **virtual participation.**

The top of the map captures connections relating to **social isolation** and the connections to **mental** and **physical health**. If we begin by looking at the **increase in stage 3 restrictions** causing **rapidly changing situations**, this is resulting in a decreased **understanding of the rules** which is increasing **anxiety and depression** causing an increase in **mental health** impacts. The **increase in restrictions** also results in a decrease in **face to face contact** which is increasing **social isolation** decreasing **mental health.** The reduction in **face to face contact** is also impacting the **communities social and cultural connection** (also impacted by **social isolation**) which is causing an increase in **anxiety and depressing** impacting **mental health**.

The identified impacts are represented in purple, actions in green and gaps in orange with all other factors and variables in white

This network is being facilitated by Southern Grampians Glenelg Primary Care Partnership. For further information contact Jo Brown joanne.brown@wdhs.net