

Media Release: Stop the Lockdowns, For Mental Health's Sake

November 20, 2020



SYDNEY, Australia – November 20, 2020 - In an official statement released by the Workplace Mental Health Institute (WMHI) on November 20, Mr. Peter Diaz, the CEO of the WMHI, is urging governments and local authorities to stop the lockdowns for mental health's sake, while wholeheartedly encouraging people across the globe to reach out for qualified help. This position statement is part of the WMHI's ongoing efforts to raise awareness of the devastating impacts of government-imposed lockdowns and other restrictions on citizens' mental health and well-being in the context of the COVID-19 pandemic.

Watch the video here - <https://www.youtube.com/watch?v=cD30VJpIVVc>

"Lockdowns (around the world) have led to an increase in rates of depression of up to 300%"

As the world's premier mental health solution, the WMHI has spearheaded an anti-lockdown campaign to pro-actively address the root cause of the staggering, historic rise in Covid-19-linked depression of up to 300%, as well as stress, anxiety, and suicidal ideation, especially among younger individuals and women. Whilst the short lockdowns made sense at the beginning of the pandemic, when scientists and medical doctors knew very little of the novel coronavirus, the fact that lockdowns continue to be imposed around the world is perversely nonsensical from a mental health perspective.

" A disaster of epic proportions, leading to a tsunami of mental health outbreaks"

As the ongoing, extensive use of Covid-19 lockdown policies have already pushed mankind on the verge of a global mental health crisis, Mr. Peter Diaz expresses deep concern over the snowball effect of these draconian measures on people's mental health and well-being. "Lockdowns are the cause of a lot of pain and suffering in the form of depression, loneliness, anxiety, substance abuse, domestic violence, self-harm, and even suicide", laments Mr. Diaz. Many people around the world with no pre-pandemic mental health problems have experienced severe mental distress since the lockdowns, resulting in an unprecedented surge in individuals seeking mental health help. But even developed nations are ill-prepared for this ongoing disaster.

"As mental health experts, the WMHI warns that lockdowns are both unsustainable and irresponsible"

The anti-democratic, repeated lockdowns, shutdown orders targeting certain types of businesses, curfew, social distancing, isolation, quarantine, and other prevailing restrictive measures have led to the curtailing of civil liberties and implicitly, the perceptible abuse of basic human rights, as per the UN's Universal Declaration of Human Rights. Failing to properly respect these rights is detrimental to an individual's mental health and well-being. The link between socioeconomic status and mental health outcomes cannot be overlooked, as social interaction, livelihood, and quality of life are absolutely vital to good mental health.

"A clear case of the Cure being worse than the Illness"

Whilst the global economy is sinking into a recession, many people across the globe have to cope with the indirect, potentially long-term Covid-19 harms in these topsy-turvy times. Mr. Diaz emphasizes that "the destruction of livelihoods and the loss of employment of millions" are amongst the non-Covid-19 harms that have taken a toll on people's mental health, urging authorities across the globe to recognize their duty to do no indirect harm.

Speaking on behalf of the WMHI, the leading mental health solution, Mr. Diaz further warns that the mental health effects of non-Covid-19 harms clearly outweigh the potential benefits of additional, repeated lockdowns. Moreover, in keeping with the WMHI's core values - excellence, honesty, compassion, integrity, and transparency - Mr. Diaz highlights the need for mental health organizations to effectively address the root cause of the problem, stating that "it is unacceptable for organizations to receive funding in exchange for keeping silent on this issue".



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"Be kind to yourselves and each other"

Stressing that feelings of anger, sadness, frustration, despair, and hopelessness are completely normal from a mental health perspective, given this whole abnormal, "insane situation", and people "have every right to be angry", Mr. Diaz encourages people to direct their anger "to the right place - not to themselves, their family, partners, or friends". The CEO of the WMHI also advises people to speak up and regularly contact their local representatives to let them know how they are feeling and encourages individuals to be kind to themselves and each other, spread the WMHI's message around, and reach out for help and support from qualified mental health professionals - " Wherever you are, you are not alone - the mental health experts at the WMHI are here for you".

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The Workplace Mental Health Institute (WMHI) provides Human Resources, management and workplaces with evidence-based strategies, education and the latest information on all things Mental Health throughout Australia, UK, USA and across the world.