Oshon Moses

Professor Barnes

CRT 100

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Essay Outline

Topic: Social Isolation and It's Increasing mental Health effects During the Pandemic

Intro: (hook, intro to topic, thesis statement) The world came to a complete standstill due to the unprecedented COVID-19 pandemic, but it also revealed a secret epidemic that was hiding in its shadow. It is the widespread surge in mental health issues and loneliness. The basic human need for connection was severely disrupted as lockdowns were implemented and social separation became the norm. This had a significant negative effect on mental health and brought up important issues regarding the long-term psychological impacts of isolation and dread. The Covid-19 pandemic has made mental health problems and feelings of loneliness much worse. This has exposed serious flaws in the mental health care systems and brought attention to the urgent need for inclusive measures to deal with these concerns in the post-pandemic environment.

Premise 1: Due to the COVID-19 epidemic, people of all ages experienced more social isolation and loneliness as a result of mandatory lockdowns and severe social distancing measures. This seclusion has the potential to worsen pre-existing mental health issues and promote the emergence of new ones.

Supporting Evidence: "A growing scientific consensus contends that loneliness can cause harm to mental and physical health."

Premise 2: The elderly, people with pre-existing mental health conditions, and marginalized communities are among the vulnerable groups that are most vulnerable to the negative impacts of the epidemic on mental health. Their difficulties are made worse by their restricted access to financial resources, healthcare services, and support networks.

Supporting Evidence: "You're seeing an increase in anxiety and depression more so in Black and Hispanic Americans, compared to white Americans."

Premise 3/ Opposing Viewpoint: Virtual platforms for mental health therapy and support have become widely used as a result of the epidemic. The digital divide, privacy, and efficacy are some of the issues raised by these technological solutions, especially for individuals with low levels of digital literacy or access to technology.

Supporting Evidence: "The COVID-19 pandemic, which brought about remote learning and work on a mass scale, as well as periods of enforced isolation for most Americans, certainly contributed to feelings of loneliness."

Conclusion: (paraphrase your thesis, and explain why this topic matters) The COVID-19 pandemic put a stop to global activity. Lockdowns and social distancing measures disrupted the essential human need for connection, significantly impacting mental health well-being. This topic matters because it sheds light on the impact of the pandemic beyond physical health. Loneliness and mental health issues have become major global issues impacting people and may

have long-term repercussions. We can improve the resilience of individuals and well-being in spite of present and upcoming difficulties by acknowledging and resolving these problems. Furthermore, addressing mental health issues fosters social unity and fair access to resources for assistance, which benefits societies as a whole by making them healthier and more strong.