

Economy takes toll on mental health

By Eric Peterson

The severity of the recession has taken a heavy toll on the mental health of some people, a counselor at the Community Mental Health Center of Lancaster County said. The counselor, who preferred not to be named, said she has seen many more people coming into the health center with problems specifically related to the economy.

"People are so complicated, it's really hard to pin things on one factor," she said. However, economic problems are, for many people, the straw that breaks the camel's back.

Family changes

The counselor said the recession has changed many family living patterns for the worse.

"Unemployment leads to more time at home than is tolerable," she said.

Job hunting also has been a source of severe mental anguish.

"You feel people are personally against you," she said, adding that the economic crunch is a source of frustration and often intense pressure for people who must adapt to a situation of having less than usual.

The changing structure of the economy, whether in good times or bad, is a source of potential mental problems for many, she said.

"The low-stress, low-demand jobs are disappearing," the counselor said. "People on the bottom are feeling more pressure in their jobs, or feeling locked out of them."

Paperwork problems

The recession has had its effect on the administration of mental health

care, she said. Most people no longer can afford to go to private practices, and many private mental health care professionals are turning away Medicaid patients because the paperwork involved is regarded as too troublesome. The counselor said the Community Mental Health Center of Lancaster County accepts all patients.

She said the economic recession and its pressures are only a part of the complexity of industrial life, which causes anxiety and depression for many people.

"I see more stress in our time than existed twenty years ago," she said.

Worries are wide-ranging as the danger of nuclear war and the spread of acquired immune deficiency syndrome have made people seek help at the mental health center, she said, which demonstrates the social causes of many individual problems.



Jobless lines shorter

The American economy's climb from the depths of recession has shortened unemployment lines dramatically nationwide, with both Nebraska and Lincoln remaining well below the national average.

According to Nebraska Department of Labor figures, Lincoln's jobless rate fell from 6.8 percent in January

of 1983 to 3.6 percent in August. Statistics for the state show a decrease from 8 percent to 4.9 percent in the same period.

These figures compare with a national rate of 9.3 percent for July, down almost a whole percentage point from January.



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(A) Application forms are available at Student Activities Financial Services Office, 222 Nebraska Union; ASUN Office, 115 Nebraska Union; or East CAP Office, Nebraska East Union. Students should bring their student I.D. at the time of application and again when picking-up refunds.

(B) Students who have completed a refund application and returned it on or before Sept. 30, 1983 may pick up their refund at the Student Activities Financial Services Office, 222 Nebraska Union beginning Oct. 3, 1983 through Oct. 14, 1983.

Fund "A" refund amounts are as follows:

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