

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS) FOR COVID-19

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THE OVERALL EFFECT OF COVID-19 PUBLIC HEALTH EMERGENCY ON A PERSON



MENTAL HEALTH AND PSYCHOSOCIAL NEEDS



- Sense of normalcy is important for mental health and psychological wellbeing.
- Disruption in routine/daily life can dysregulate mental health for those with preexisting mental health concerns.
- Vulnerable groups and those with severe mental illness require specific risk reduction, emergency response and recovery measures.

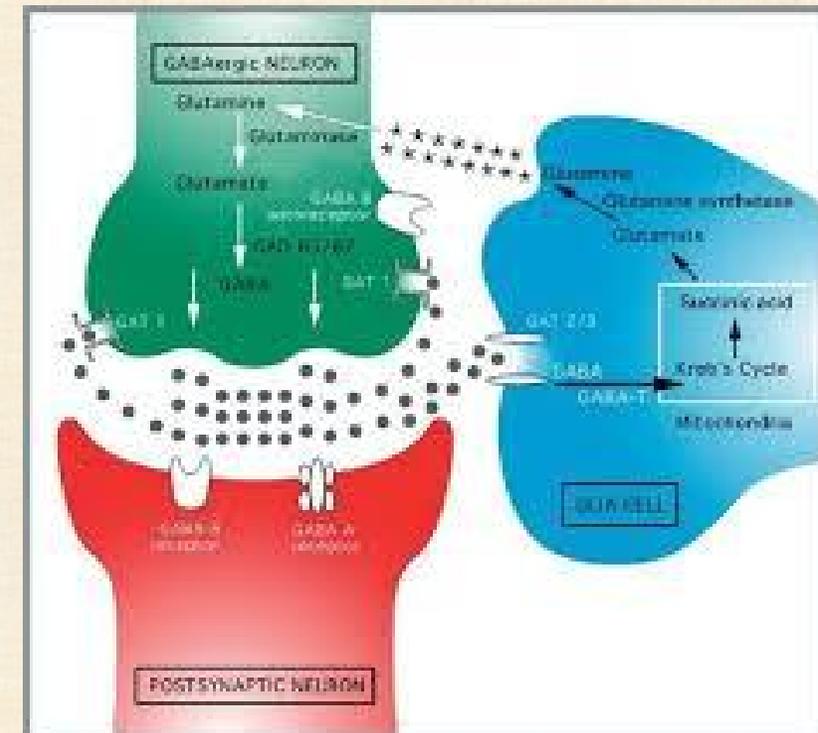
INCREASE IN COVID-19 RELATED DEPRESSION, ANXIETY, INSOMNIA

- prescriptions for antidepressant, anti-anxiety, and anti-insomnia medications jumped 21% between February 15 and March 15 World Health Organization declared COVID-19 a pandemic and the United States declared a national emergency.
- Anti-anxiety drugs were in especially high demand. Prescriptions for this drug class rose 34%, while antidepressants and insomnia aids followed suit at 19% and 15%, respectively.
- The data comes from Express Scripts' sample of more than 31.5 million commercially insured individuals.



PSYCHOPHARMACOLOGICAL INTERVENTIONS

- Ensure availability of essential, generic psychotropic medications in all levels of health care
- Prepare to manage delirium, psychosis severe anxiety, depression, alcohol and other substance withdrawal within emergency or general healthcare facilities.
- Adequate supply of psychotropic medications
- Supply of benzodiazepine
- Anticonvulsants,
- SSRI,
- Hypnotics



POTENTIAL PSYCHOSOCIAL PROBLEMS FROM COVID-19 AND PHYSICAL DISTANCING

- Poverty
- Family separation
- Lack of safety
- Loss of livelihood
- Disrupted social network
- Low trust and resources
- Lack of privacy
- Lack of community and traditional support
- Domestic violence
- Child abuse



WORLD HEALTH ORGANIZATION (WHO) MENTAL HEALTH EMERGENCY RESPONSE GUIDELINES

➤ **Community self-help and social support**

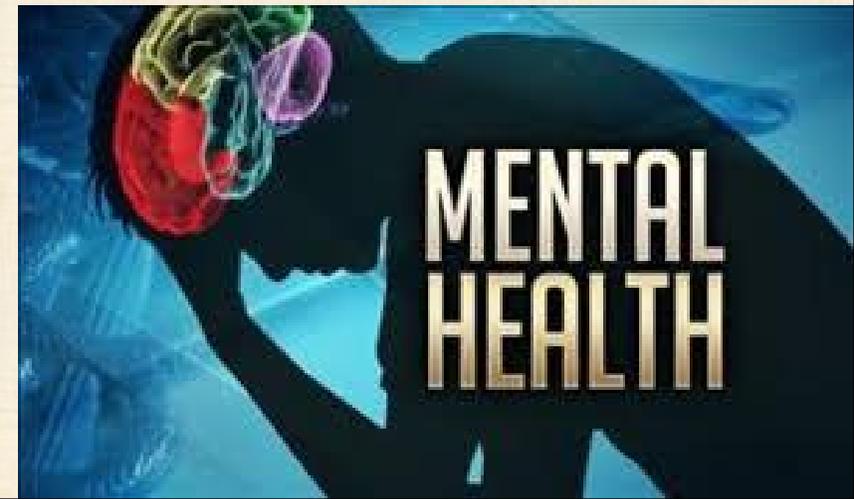
- Creating community groups
- Emergency relief activities
- Involvement of those with mental disorder

➤ **Psychological first aid**

- Offers first-line emotional and practical support

➤ **Basic clinical mental health care**

- Covering prior psychiatric conditions at every health-care facility by trained and supervised general health staff.



WHO MENTAL HEALTH EMERGENCY RESPONSE GUIDELINES CONT.

➤ **Links and referral mechanisms**

- Established between mental health specialists, general health-care providers, community-based support and other services

➤ **Psychological interventions**

- - Problem-solving interventions
- - Group interpersonal therapy
- - Individual therapy for people affected

➤ **Protecting and promoting rights**

- The rights of people with severe mental health conditions and psychosocial disabilities is especially affected with the COVID-19.



SOCIAL STIGMA ASSOCIATED WITH COVID -19

-Because of many unknowns surrounding the disease transmission and cure people are generally afraid. It is easy to associate the fear of unknown with others.

-The pandemic nature of the disease can lead up to confusion, anxiety and fear among the public, which also fuels harmful stereotypes.

- Being labelled, stereotyped, Discriminated

-Loss of status, treated separately



SOCIAL STIGMA

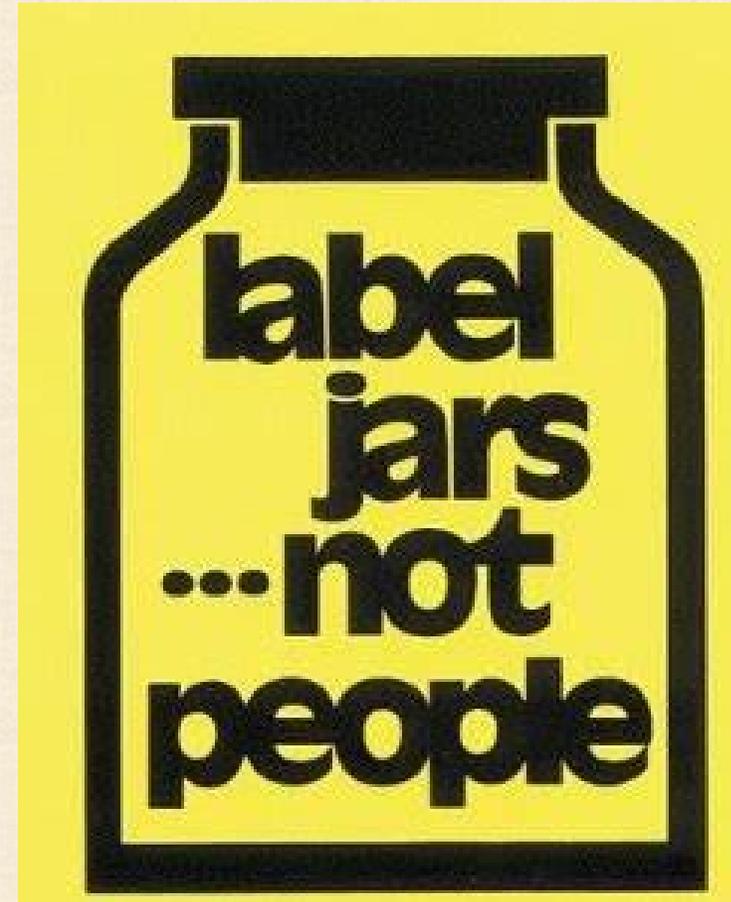


- Social stigma can contribute to a situation where the virus is more likely to spread, leading to severe health problems and difficulties in controlling disease outbreak.
- Social stigma can drive people to hide their illness to avoid being discriminated against.
- Can prevent them from seeking healthcare and discourage from adopting healthy behaviors.

ADDRESSING SOCIAL STIGMA

USE PEOPLE FIRST LANGUAGE

- Use language that respects individual and talk about the disease
- Use 'people who have COVID-19 instead of "COVID-19 cases", "COVID-19 victims, or "COVID-19 suspects
- Use terminology like people 'acquiring' or contracting COVID-19 instead of people transmitting COVID-19, 'infecting others' or spreading the virus' as it assigns blame.
- Refrain from using criminalizing or dehumanizing terminology in a way that might create impression that those with the disease have done something wrong, thereby feeding stigma
- Emphasizing the effectiveness of prevention and treatment measures, rather than dwelling on the negatives or messages of threat.



ADDRESSING SOCIAL STIGMA

**BREAK
THE
STIGMA**

Spread updated facts that are accurate

- Use simple language
- Engage social influencers; religious leaders, political leaders, community leaders, elderly community members
- Amplify the message in a culturally appropriate way
- Use stories and images of local people who have recovered, supported or loved through the recovery from COVID-19
- Advocate for ethical journalism; Reporters that overly focus on patient responsibility can increase stigma.
- Link up to the other initiatives that address social stigma

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORTS

**Mental health
survival guide
during COVID-19**



FOR HEALTHCARE WORKERS

- It is quite normal to feel under pressure
- keeping yourself psychologically well.
- Take care of yourself:
 - Use helpful coping strategies
 - Rest, healthy eating, physical activities
 - Stay connected with family and friends
 - Avoid unhelpful coping strategies



FOR HEALTHCARE WORKERS CONT.

MANAGING STRESS AND ANXIETY DURING COVID-19



Manage your stress

- You and many of your health worker colleagues are likely stressed; in fact, it is quite normal to be feeling this way in the current situation.
- Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak.
- Managing your stress and psychosocial wellbeing during this time is as important as managing your physical health.



FOR LEADERS IN HEALTHCARE FACILITIES

- Protect your staff from chronic stress
- Focus on long-term occupational capacity rather than short term crisis response
- Rotate workers from high-stress to low-stress functions
- Try to be role-models for self-care strategies to mitigate stress
- Orient responders on how to provide basic emotional support to affected people



FOR THE GENERAL POPULATION

- Do not attach the disease to any particular ethnicity, nationality
- Be empathetic to all those affected
- Encourage compassion and kindness
- Seek information from trusted sources; Facts not rumors
- Don't refer to people with the disease
- Protect yourself and support others
- Create solidarity in your community
- Find opportunity to amplify positive and hopeful stories



COGNITIVE REFRAMING HELPS REDUCE STRESS AND ANXIETY

Rather than only looking at the problem and the potential negative outcome let's all practice reframing and educate reframing.

Reframing is about looking at a situation, thought, or feeling from another angle.

Positive reframing won't change the situation, but it can give perspective, resiliency skill that help people overcome adversity.



LET'S REFRAME...

let's reframe and shift our focus to the good that can be done:

“What a great opportunity to reach out to our people and express kindness”

“What a great opportunity to serve our team at work, to bring encouragement and hope”

What a great opportunity for all of us to work together and have a chance to serve our people!

COMPASSION...

“Due to the nature of our work, we are all at risk of compassion erosion toward our patients”

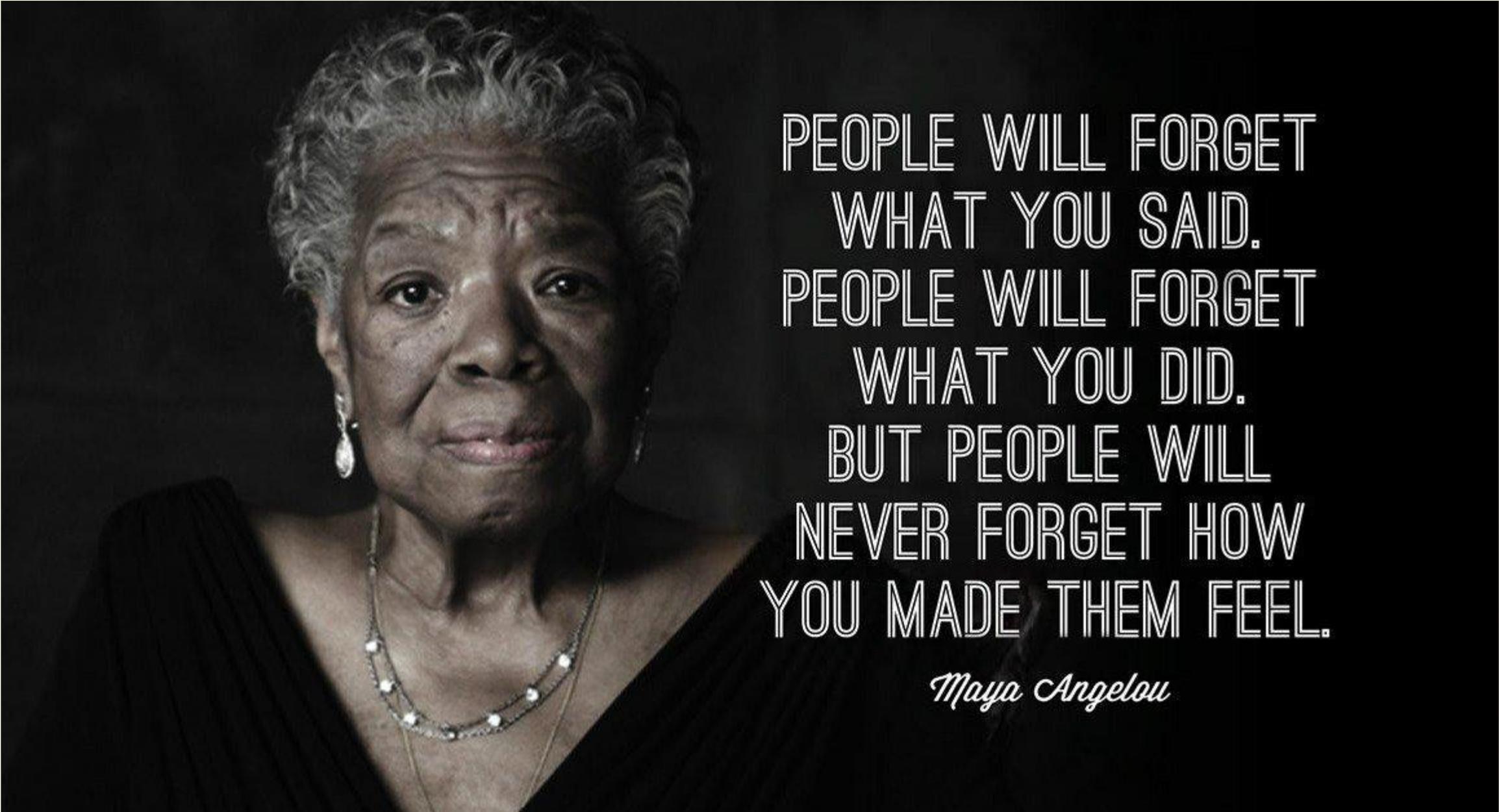
During COVID-19 pandemic; the best we can offer to our patients;
empathy, kindness, compassion, compassion and compassion!

“Compassion is a necessity, not a luxury.”

We should all learn, demonstrate, and live compassion as a necessity in our practice.

Dalai Lama





PEOPLE WILL FORGET
WHAT YOU SAID.
PEOPLE WILL FORGET
WHAT YOU DID.
BUT PEOPLE WILL
NEVER FORGET HOW
YOU MADE THEM FEEL.

Maya Angelou



Thank
you



ANY
QUESTIONS
?

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