

VIRTUAL TRAINING ON PSYCHOSOCIAL CARE IN COVID-19 UNLOCK 5.0

📅 15th -17th October 2020 @ 11.00am -13.00pm

KEYNOTE SPEAKERS



Sh. Pankaj Rai (IAS)
Commissioner
Shimla Municipal Corporation



Sh. Ajit Bhardwaj (HAS)
Addl. Commissioner
Shimla Municipal Corporation



Dr. K Sekar
Professor & Head
CPSSDM, NIMHANS



https://us02web.zoom.us/meeting/register/tZ0rfuyrqjopE9aRKmqSY_fBfdIUxu7KZVqQ



MODERATOR
Dr. Harkanchan Singh
City Project Coordinator
UNDP, Shimla.

RESOURCE PERSONS



Dr. Jayakumar C



Dr. Sanjeev Kumar M



Dr. Roopesh B N



Dr. Ajay Kumar G



Dr. Dinakaran D



Mr. Lithin Zacharias

NO REGISTRATION FEE

E-Certificate will be provided to all those participants who attend 3 days training.



*Empowered lives.
Resilient nations.*

***“Enhancing institutional and community
resilience to disasters and climate change”***

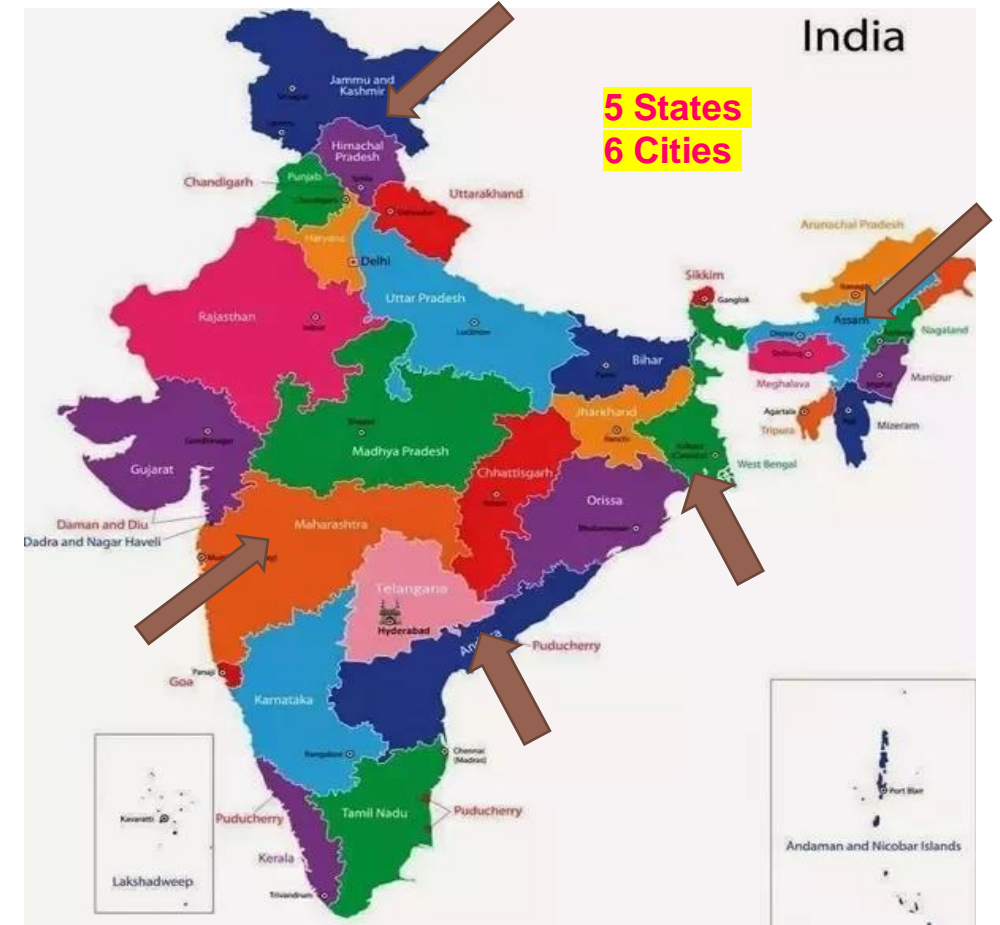
GOAL & OBJECTIVES

Goal

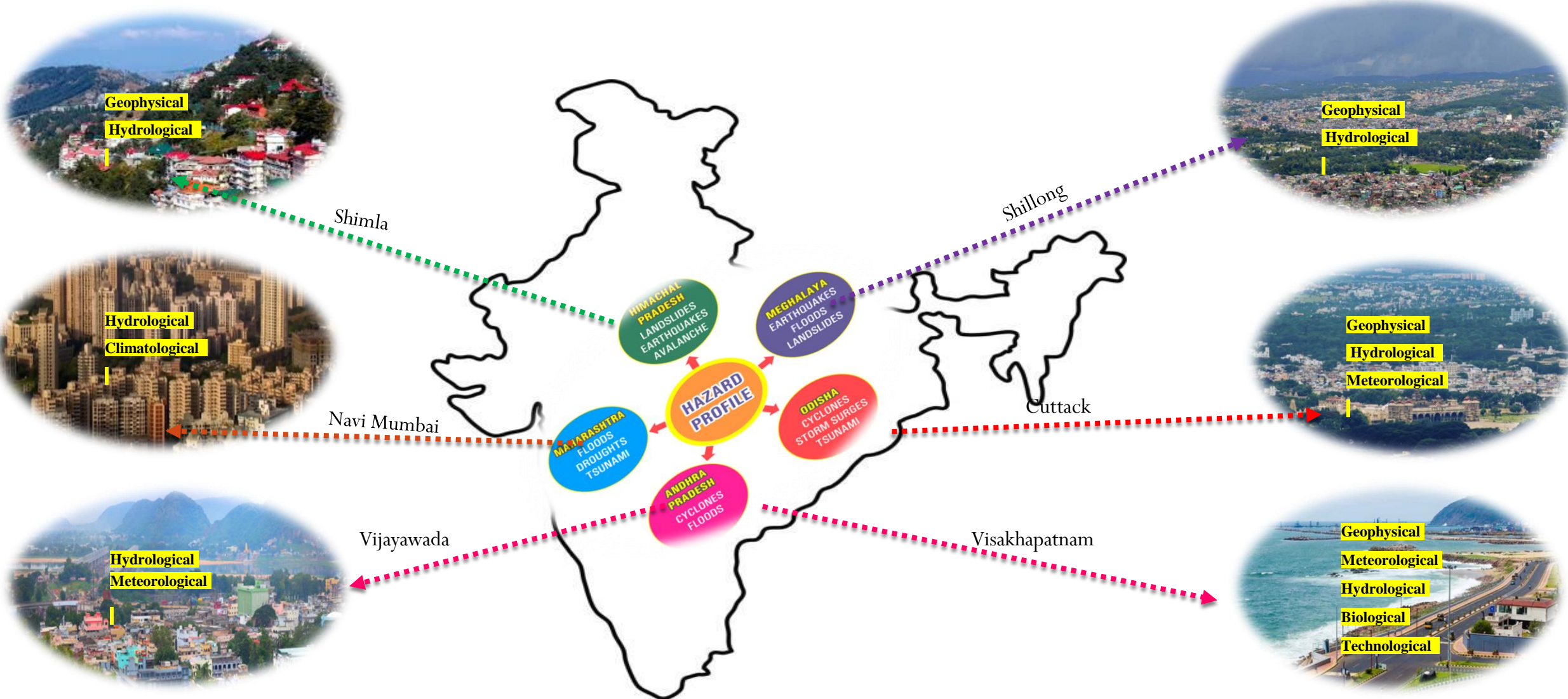
- To build capacity at the National and State levels for provision of psycho-social support at the community-level in India and the region, and develop a replicable model for providing the same by clearly identifying the roles and responsibilities of the various organizations involved in this effort.

Objectives

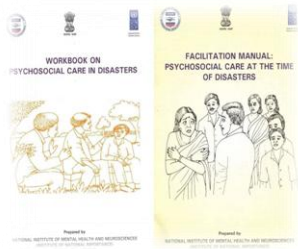
- To develop comprehensive tools for training PSS providers, standardize IEC materials that are sensitive to the culture, language and specific disaster risks covering the respective state/cities.
- To develop human resources capable of providing effective psychosocial care initially in the designated vulnerable and disaster-prone states/ cities of the country.



MULTI HAZARD PROFILE OF SIX CITIES



At a Glance



Development of tools for psychosocial need assessment

Psychosocial need assessment

Development of workbook and facilitation manual on psychosocial care

Development of IEC material on psychosocial care in disaster

First level training on psychosocial care (PSC) in disaster

Integration of first level training on psychosocial care

Sensitization & refresher training program on psychosocial care in disaster

Workshop on psychosocial care in disaster management – a holistic approach in Delhi

Development of workbook and facilitation manual on psychosocial care in disaster risk reduction

Second level training on psychosocial care in disaster risk reduction

Webinar on psychosocial care in COVID-19

Handholding of psychosocial care in covid-19

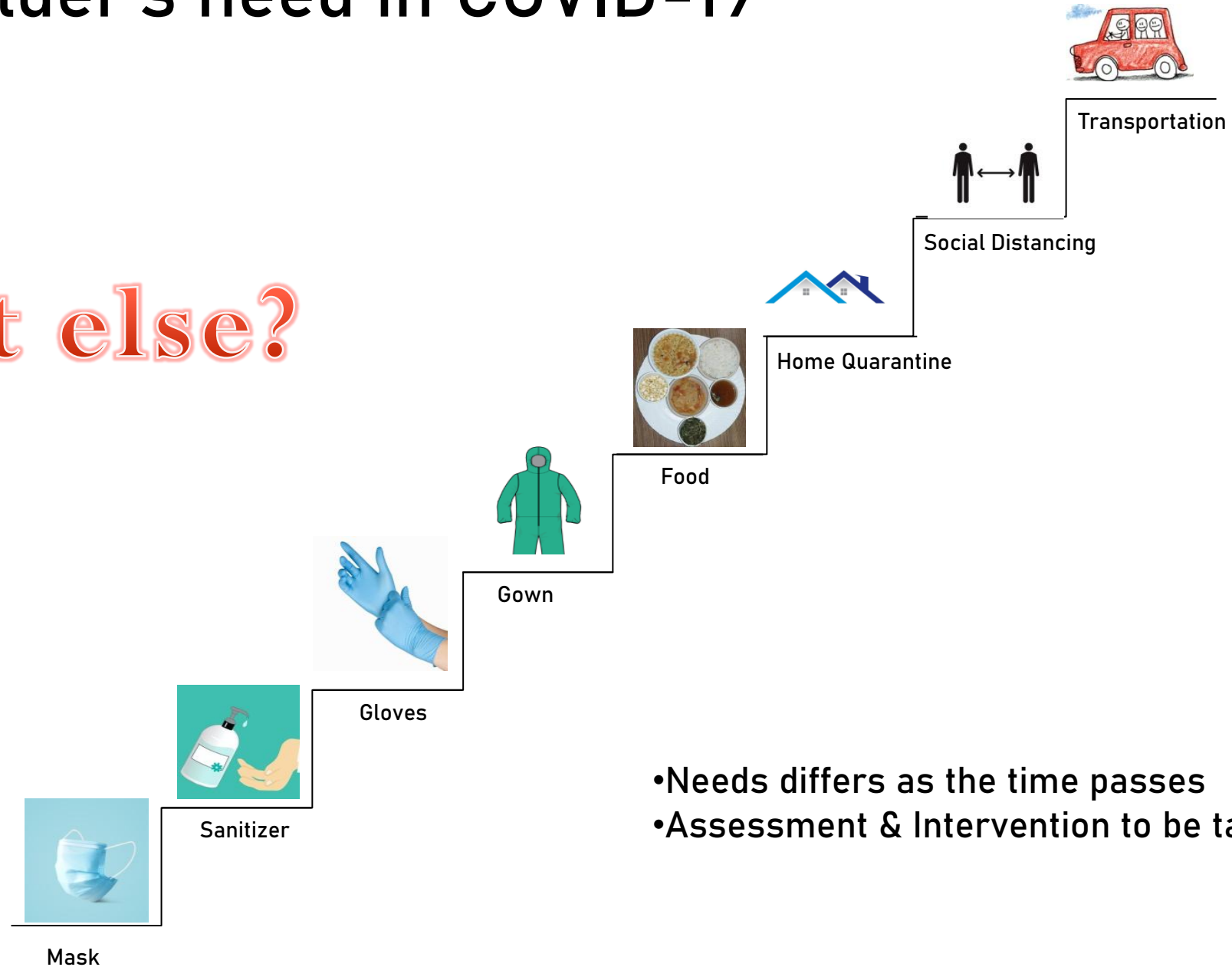
Sharing of experiences

Expectations of the participants

Stakeholder's need in COVID-19

Stakeholder's need in COVID-19

What else?



- Needs differs as the time passes
- Assessment & Intervention to be tailor method

PSYCHOSOCIAL ASSESMENT FINDINGS IN SHIMLA IN 2017

Key Findings

Recommendations

HEALTH

<ul style="list-style-type: none"> • Psychosocial care is not included in the Disaster management or Health Plan. 	<ul style="list-style-type: none"> • Psychosocial care to be included in the Disaster management or Health Plan.
<ul style="list-style-type: none"> • Medical or health team is concerned with curative part and not with the psychosocial aspects of the condition. 	<ul style="list-style-type: none"> • Team should focus on Preventive aspects such as Psychosocial Preparedness.
<ul style="list-style-type: none"> • No linkage of trained mental health professional with the medical professionals. 	<ul style="list-style-type: none"> • Linkage of trained mental health personnel in disaster management should exists
<ul style="list-style-type: none"> • Limited understanding of managing stress in the staff. 	<ul style="list-style-type: none"> • Training on Stress management to staff.
<ul style="list-style-type: none"> • No knowledge of breaking the bad news 	<ul style="list-style-type: none"> • Provide training on breaking the bad news
<ul style="list-style-type: none"> • Technological Addiction in Children 	<ul style="list-style-type: none"> • Behavioral Management of Addiction
<ul style="list-style-type: none"> • Loneliness in elderly population 	<ul style="list-style-type: none"> • Training on care of Elderly, awareness about their needs and concerns
<ul style="list-style-type: none"> • Discrimination towards women at workplace 	<ul style="list-style-type: none"> • Training on Gender Sensitization and Equality
<ul style="list-style-type: none"> • Tourism- no plan for looking for floating population 	<ul style="list-style-type: none"> • Developing a psychosocial plan for stranded population in emergencies and disasters
<ul style="list-style-type: none"> • Lack of Awareness about Psychosocial Preparedness in Staff and Team of IGMC 	<ul style="list-style-type: none"> • To provide orientation lecture at IGMC

EDUCATION

<ul style="list-style-type: none">• Psychosocial care is not included in the Disaster management or Education Plan.	<ul style="list-style-type: none">• Psychosocial care to be included in the Disaster management or Education Plan.
<ul style="list-style-type: none">• Lack of Awareness about Psychosocial Preparedness in Staff.	<ul style="list-style-type: none">• Training on Psychosocial Preparedness to staff, teachers.
<ul style="list-style-type: none">• Inadequate sex education to students.	
<ul style="list-style-type: none">• Behavioral and emotional issues in children- high demand with parents.	<ul style="list-style-type: none">• Parenting skills to Parents and ways to manage behavioral and emotional analysis.
<ul style="list-style-type: none">• Prevalence of Suicide• Increase in Suicidal Rates	<ul style="list-style-type: none">• Capacity building of students, teachers and Parents.• Gatekeepers Training.• Instill a capacity to face the failures of life in children and students.
<ul style="list-style-type: none">• Poor relationship between students and Parents- limited interaction.	<ul style="list-style-type: none">• Counseling of parents on parenting, understanding the capability of their children and not making them run after their desires and wishes
<ul style="list-style-type: none">• Stigma towards Mental Illness	<ul style="list-style-type: none">• Handling stigma in subtle way. Providing Psychosocial Training to Non-Mental Health Professionals.

<ul style="list-style-type: none"> WOMEN AND CHILD DEVELOPMENT 	
<ul style="list-style-type: none"> Psychosocial care is not included in the Disaster management or Women and Child Development Plan. 	<ul style="list-style-type: none"> Psychosocial care to be included in the Disaster management or Women and Child Development Plan.
<ul style="list-style-type: none"> Addiction in Children- Substance Abuse Technological 	<ul style="list-style-type: none"> Behavioral Management of Addiction
<ul style="list-style-type: none"> Lack of Psychosocial Assessment in Child Care Institutes in Shimla 	<ul style="list-style-type: none"> Psychosocial Assessment and Intervention in Child Care Institutes in Shimla
<ul style="list-style-type: none"> SOCIAL WELFARE 	
<ul style="list-style-type: none"> Psychosocial care is not included in the Disaster management or Social Welfare Plan. 	<ul style="list-style-type: none"> Psychosocial care to be included in the Disaster management or Social Welfare Plan.
<ul style="list-style-type: none"> Very few people in the department are trained in disaster management i.e. structural aspects and not on psychosocial aspects 	<ul style="list-style-type: none"> Training on Psychosocial Preparedness to staff, volunteers.
<ul style="list-style-type: none"> Lack of regular drills in the schools. 	<ul style="list-style-type: none"> Provide mock drills to students in Schools with periodic updates.
<ul style="list-style-type: none"> Lack of Awareness in Staff on how to handle or how to Prepare Disabled Population for Disasters 	<ul style="list-style-type: none"> Training to disabled on preparing them for disasters and handling themselves in emergencies
<ul style="list-style-type: none"> Staff is not trained to handle emotional reactions. 	<ul style="list-style-type: none"> Training on handling emotional reactions of vulnerable population
<ul style="list-style-type: none"> NON-GOVERNMENT ORGANIZATIONS 	
<ul style="list-style-type: none"> Psychosocial care, preparedness in disasters for disaster risk reduction are not practiced by NGO's. 	<ul style="list-style-type: none"> Provide guidance and technical support.
<ul style="list-style-type: none"> Agencies do not work with the local community. 	<ul style="list-style-type: none"> Need to work with the local community and support
<ul style="list-style-type: none"> Less support of Government towards NGO's 	<ul style="list-style-type: none"> Strengthen the relationship between NGO's and Government
<ul style="list-style-type: none"> Lack of awareness of issues of elderly 	<ul style="list-style-type: none"> Training People regarding issues of elderly and ways to handle it

Issues identified in NIMHANS Helpline

- Psychosocial issues
- Anxiety & Depression
- Relapse of Mental Illness
- Career issues
- Addiction
- IPR issues
- Domestic Violence
- Child abuse
- Management of elderly
- Management of Differently abled
- Medical related
- Logistic related (Migrant workers-Transportation related)

Psychosocial issues observed in cities in COVID-19

Interventions done

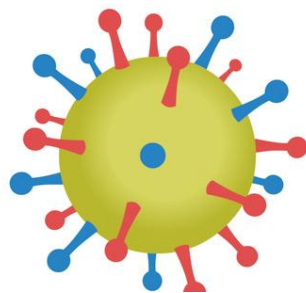
SHIMLA (Initial Days of COVID-19)

- **General issues like daily basic needs**
- **School children workload**
- **Issue of stigmatization if one is quarantined.**

- **Municipal Corporation of Shimla have addressed those issues**
- **Psychosocial Counseling**

Current reported PSC Issues in SHIMLA

- Casualness in the behaviour of General public
- Non-availability of migrant labour
- Inflow of tourists
- Slackness in the business activities
- Cease of educational activities

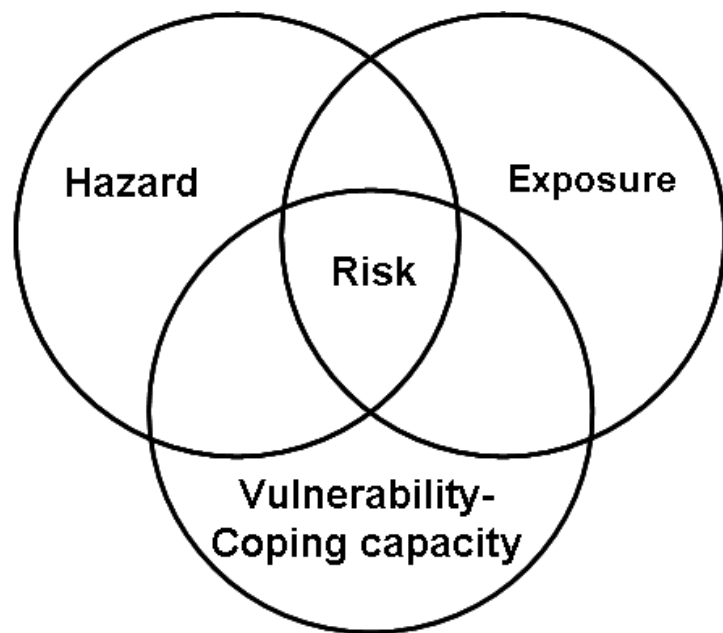


Hazard

Exposure

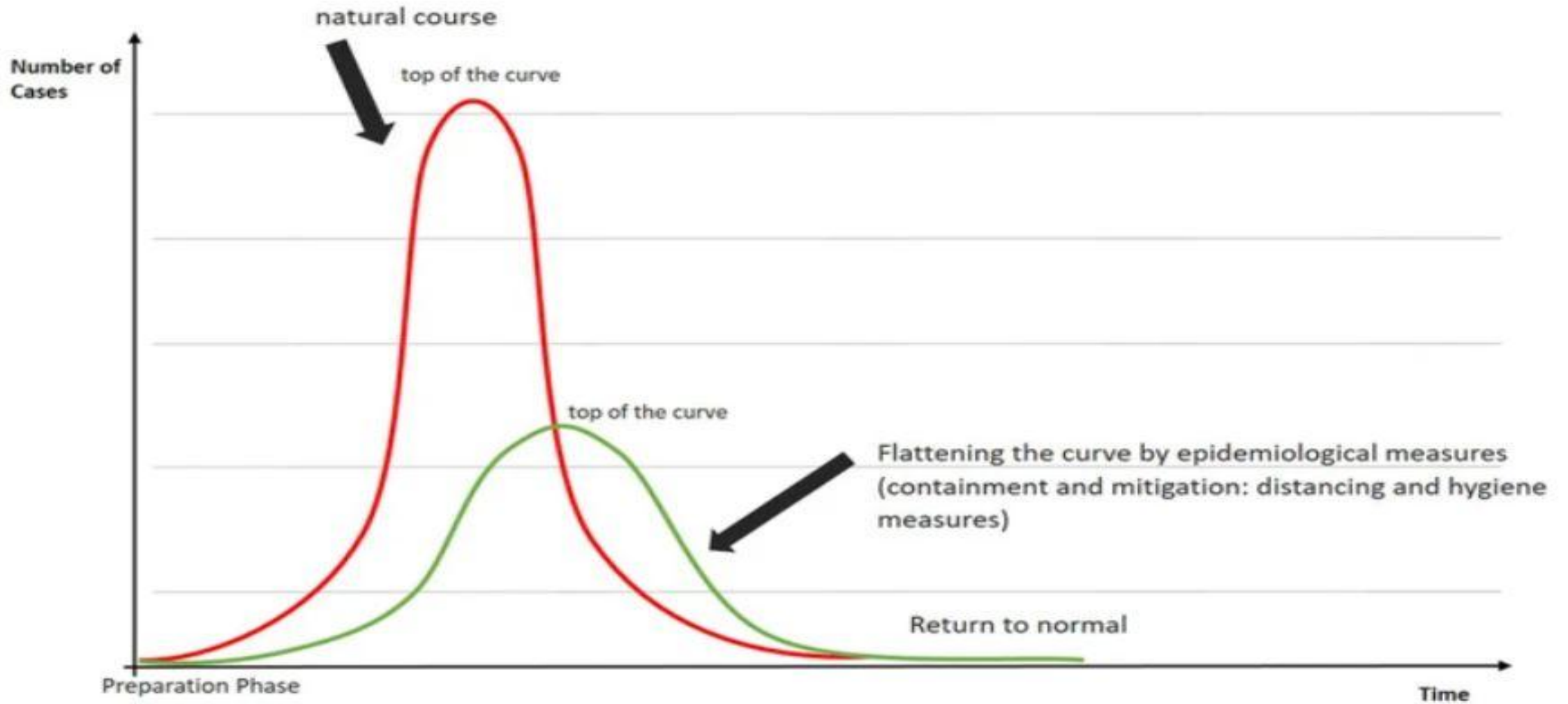
Risk

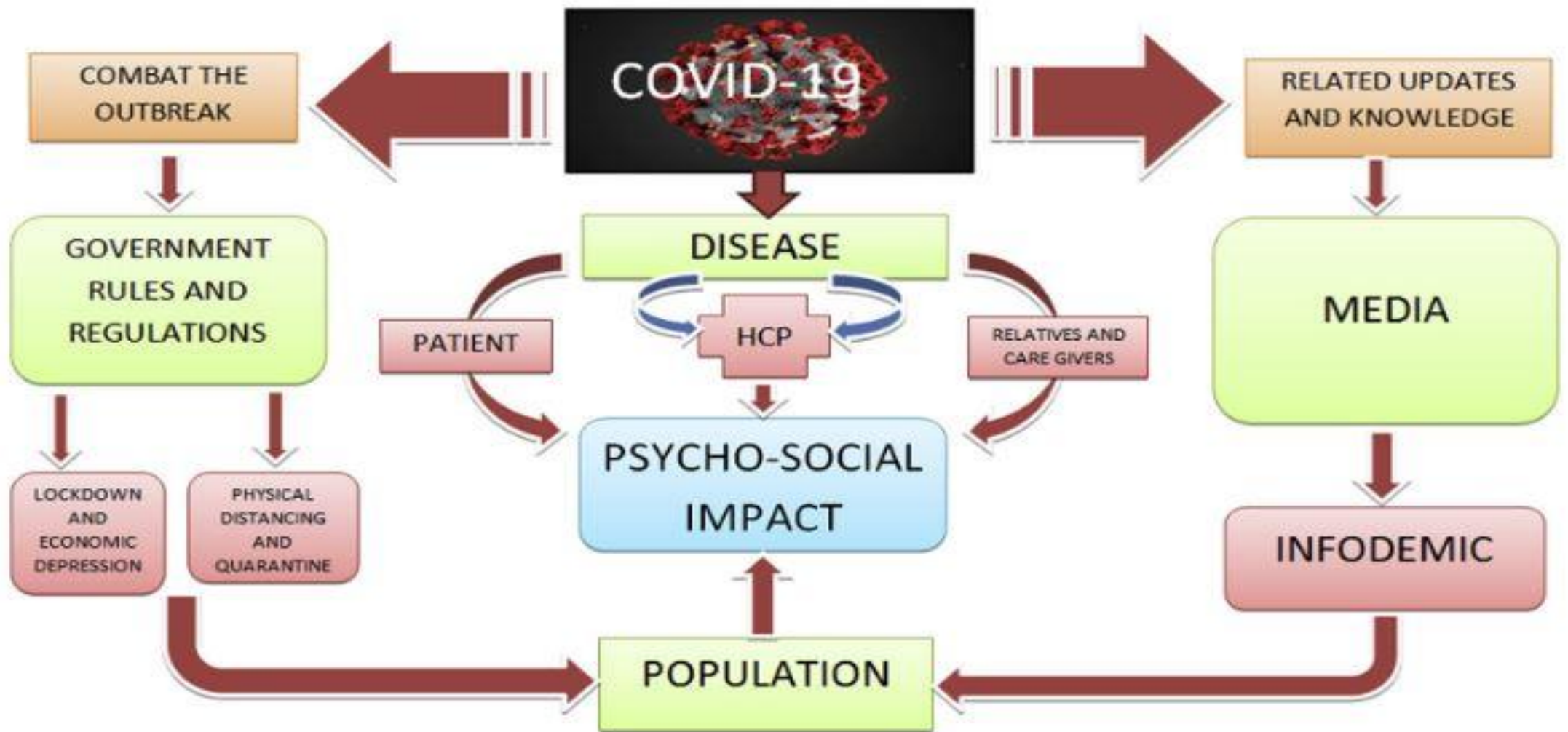
Vulnerability



Disaster risk=Hazard* Exposure* Vulnerability/Coping Capacity

3 phases of the pandemic





Individual Impact	Family Impact	Community Impact

IMPACT OF COVID-19

Physical Impact



Economical Impact



Psychological Impact

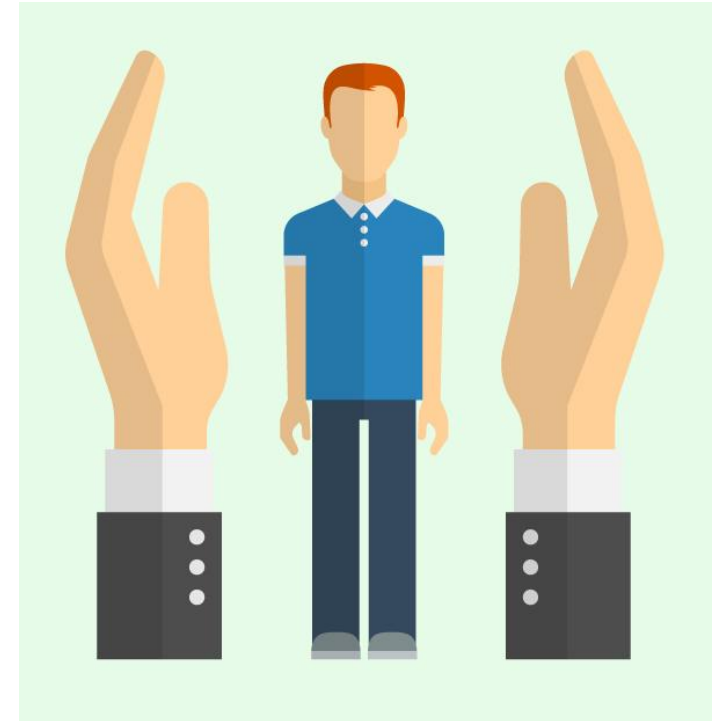


Social Impact



PHYSICAL IMPACT

- Headaches
- Neck tension
- Increased heart rate
- Stomach upset
- Fatigue
- Other uncomfortable sensations
- Sleep problems
- Lower appetite
- Lower energy



ECONOMICAL IMPACT

- Breakdown of basic supplies
- Unable to work
- Difficulties to run family without livelihood options
- Unemployment



PSYCHOLOGICAL IMPACT

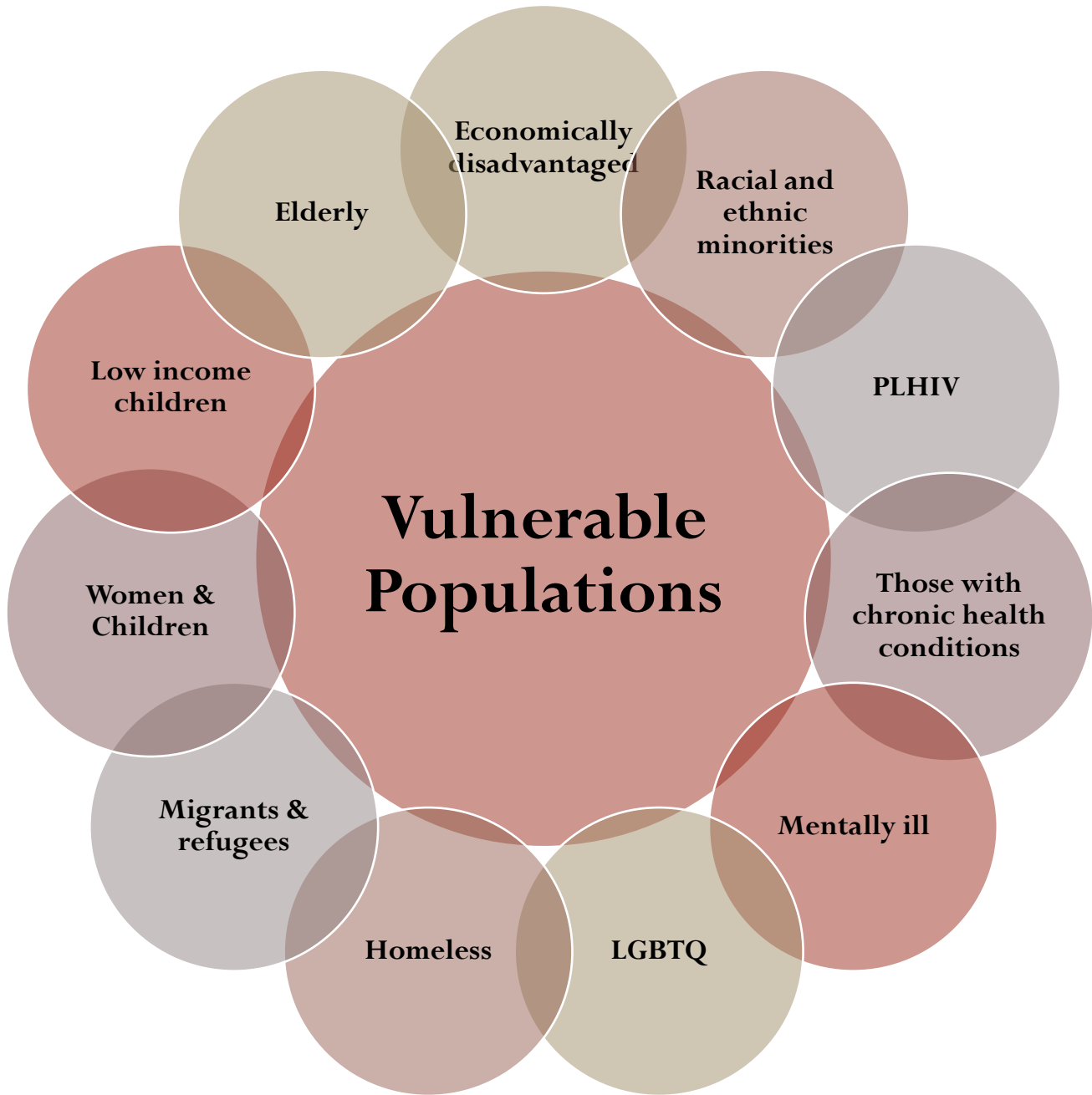
- Worries and insecurity
- Powerlessness
- Feelings of discouragement
- Irritability
- Aggression
- Anger
- Difficulty concentrating
- Crying
- Withdrawal
- Difficulty in taking decisions



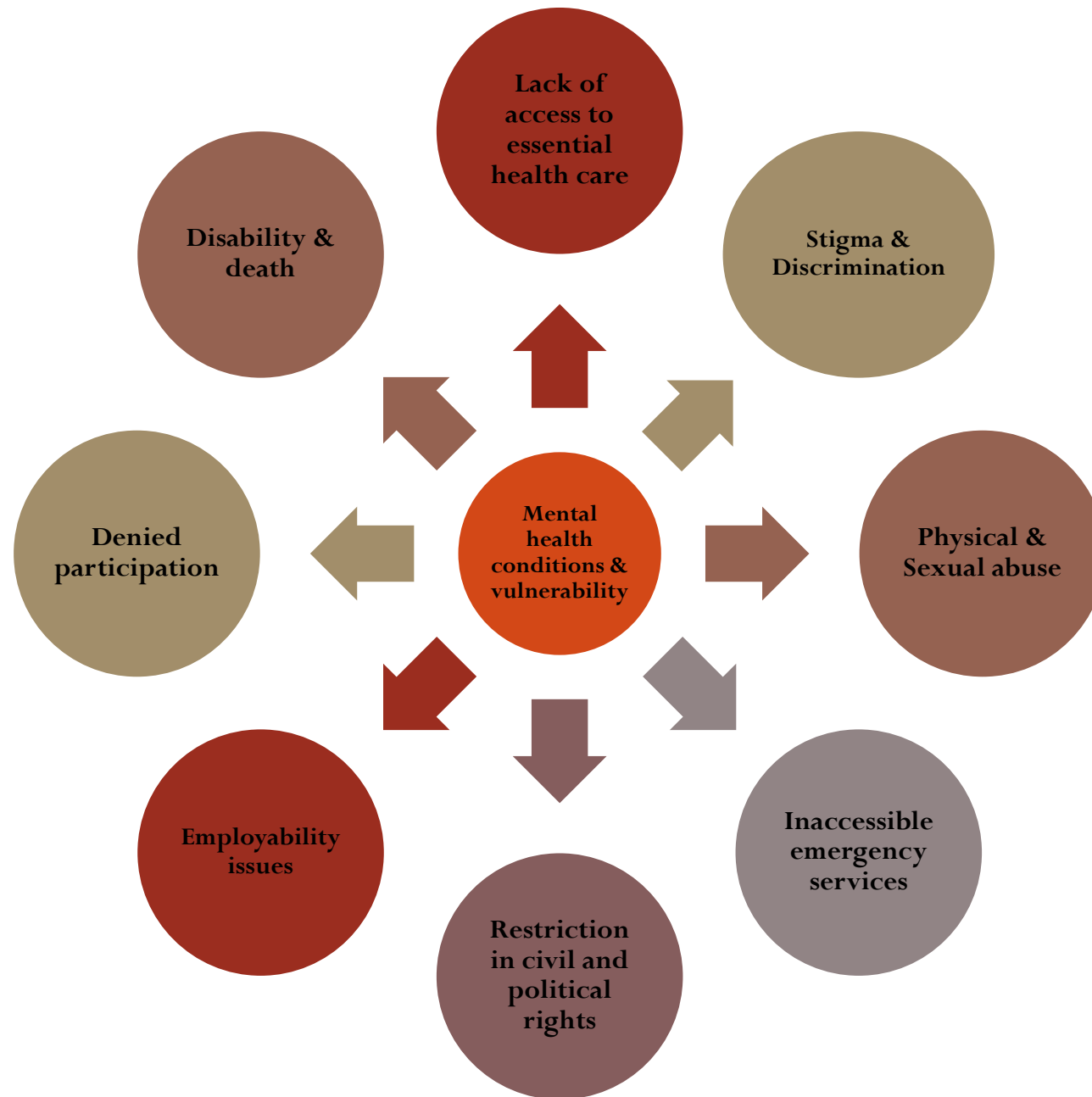
SOCIAL IMPACT

- Discontinuity of regular life
- Change in the family structure
- Social deviation like caste, religion, and so on.
- Migration
- Abuses
- Interpersonal issues
- Social isolation
- Domestic violence
- Spread of misinformation's or rumors
- Unable to attend loved one funerals
- Stigma & Discrimination



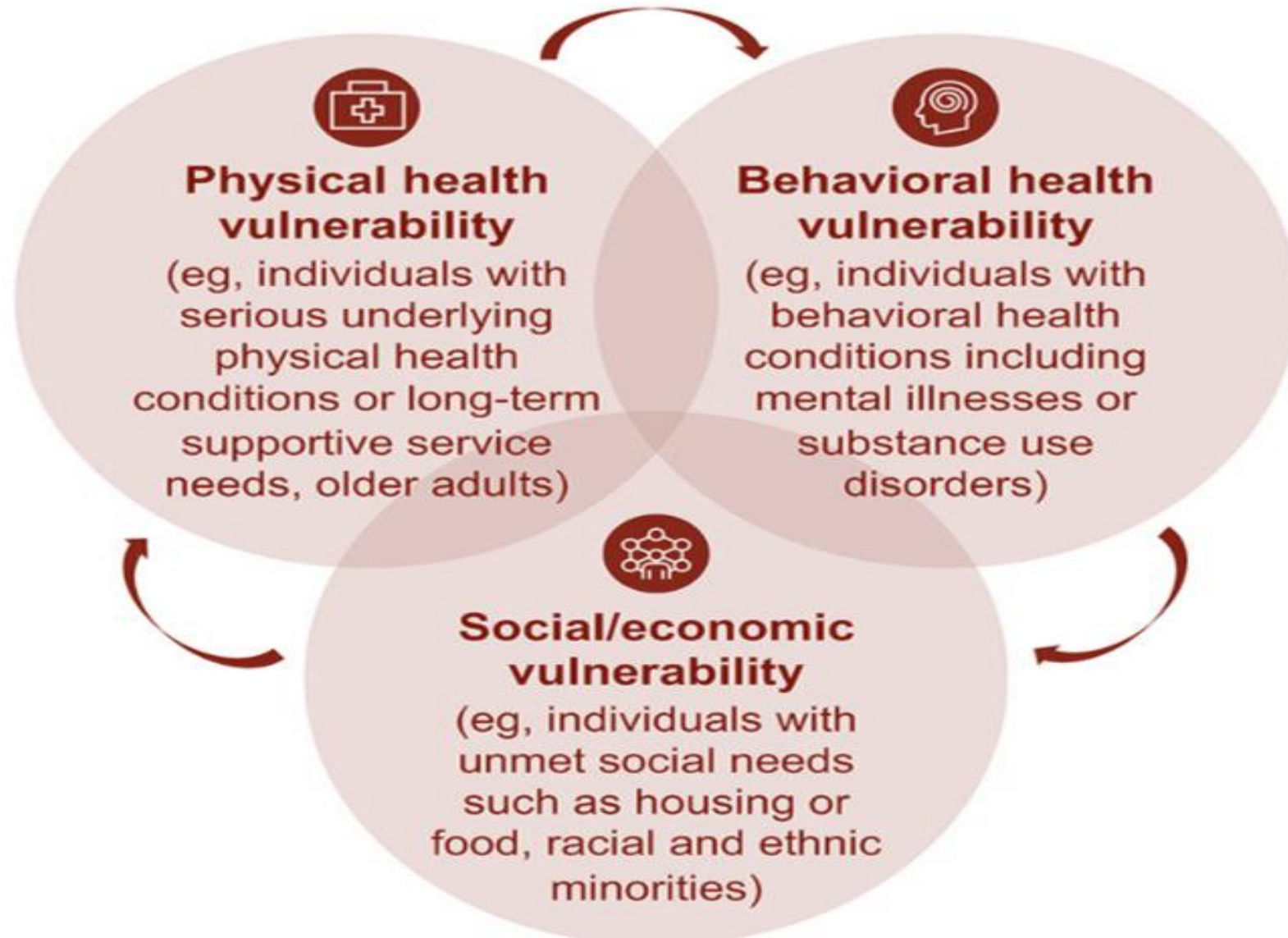


Social strata	Psychosocial issues
COVID-19 positive patients and quarantined individuals	<ul style="list-style-type: none"> • Loneliness • Anxiety • Panic • PTSD • Depression
Health care providers	<ul style="list-style-type: none"> • Fear of worthlessness • Guilt • Overwhelming work-pressure • Deprivation of family while being in quarantine • Burnouts • Depression • Fear of infection and outcomes • Uncertainty • PTSD
Children	<ul style="list-style-type: none"> • Substance abuse • Boredom • Anxiety related to educational development • Irritability • Developmental issues
Old age	<ul style="list-style-type: none"> • Fear of infection • Irritability, anger, fear, anxiety, cognitive decline • Deprivation from pre-scheduled check-up and/or follow-up sessions • Difficulties in accessing medicines due to travel restriction and lockdown
Marginalized community	<ul style="list-style-type: none"> • Depression • Stress • Financial insecurity • Stigma of discrimination • Health crime
Psychiatric patients	<ul style="list-style-type: none"> • Hampered routine psychiatric follow-up • Addiction • Violence

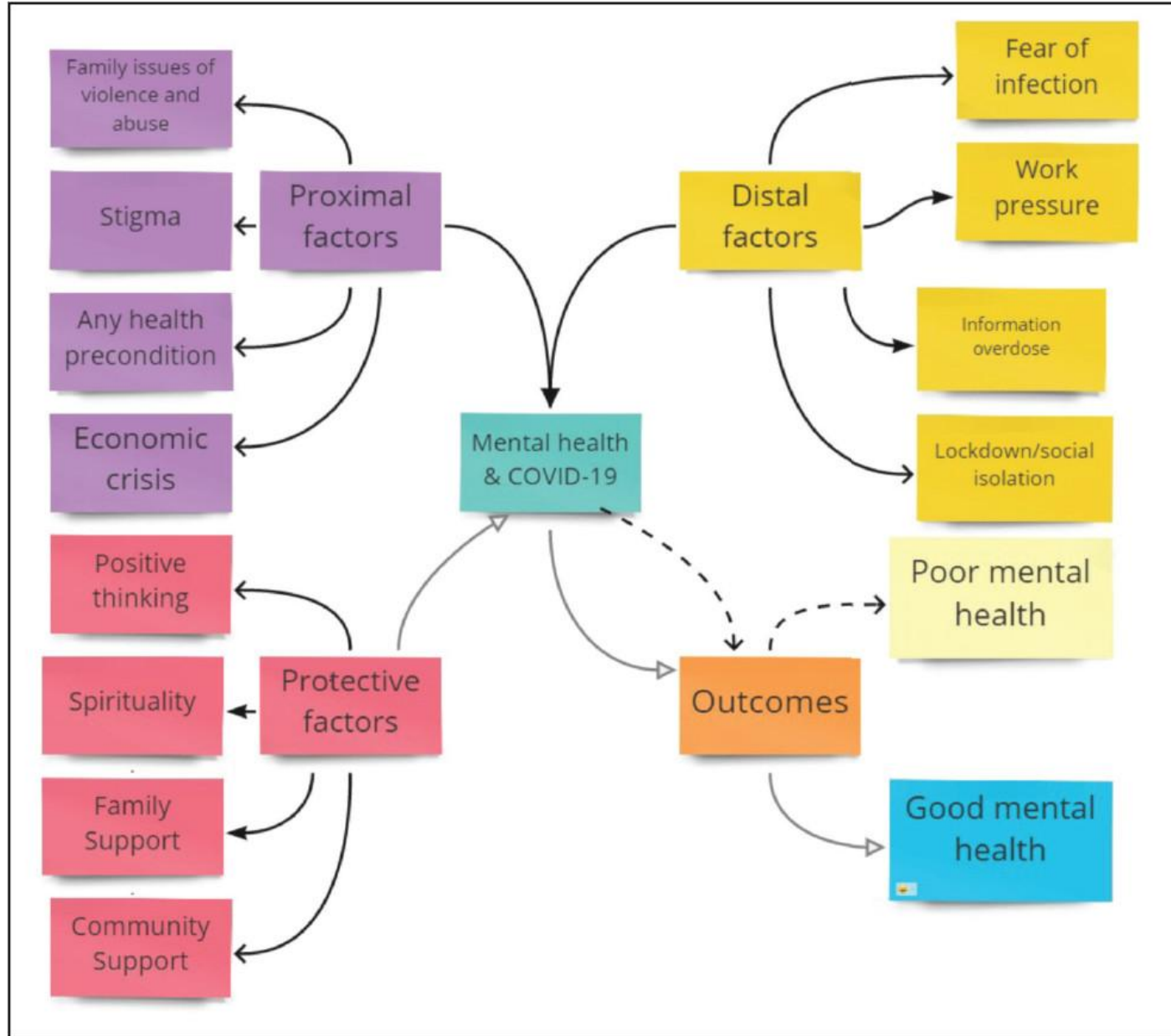


(WHO,2020)

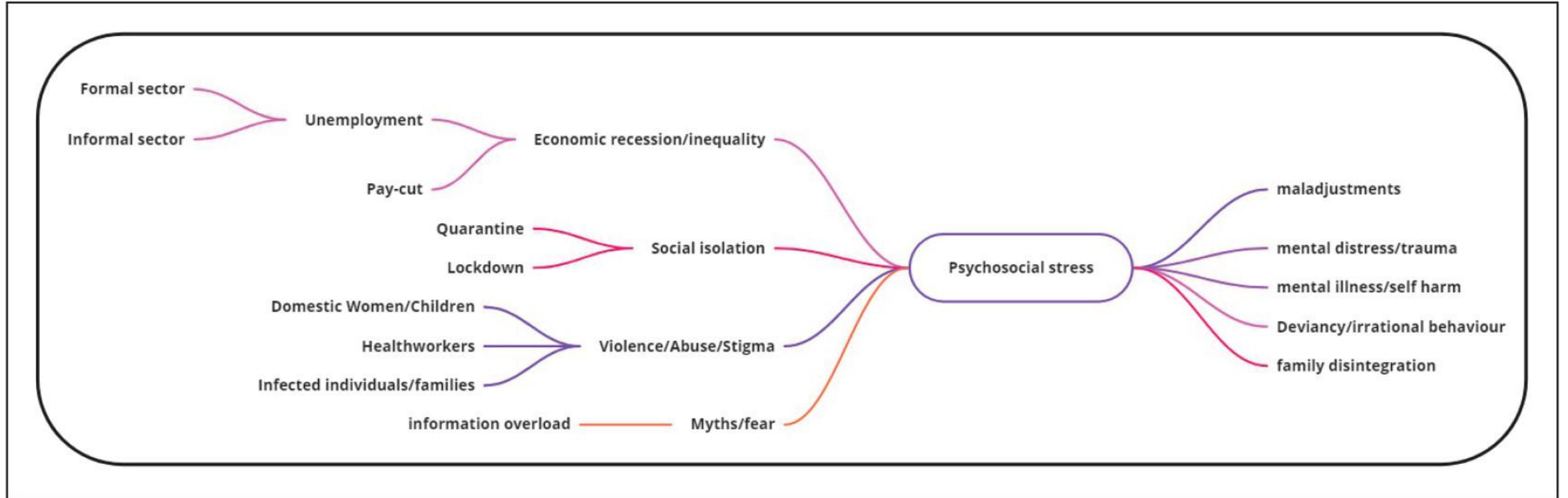
Implications of COVID-19 for vulnerable populations



Causal and Protective Factors Affecting Mental Health



Psychosocial Interaction and Implications for Mental Health in the COVID-19 Era



Short Term	Long term
	Much is still unknown about how COVID-19 will affect people over time
Uncertainty	Loss of identity
Worries	Burnout
Anxieties and insecurity	Mood disorders
Feeling out of control	Persistent anxiety disorders
Confusion	PTSD & Complicated bereavement
Domestic Violence	Depression
Mal-adaptive or destructive ways of coping	Increased in take of Substance, Suicide, Self harm/ high risk behaviours Separation issues in children-Parents who are health workers
Isolation	Substance abuse issue
Behavioural disorders-In Children	PWMI: -Increased risk of infections -Feeling isolated -At risk of a relapse
Child abuse	Elderly-Possible cognitive decline/Loss of purpose
Disruption of biological functions like insomnia, reduced appetite,	Somatic complaints
Anger outbursts, frustration, isolation, stigma	Marital discard, change in the family structure, loss of cohesiveness in the family, community disharmony, stigma (Haider et al., 2020)

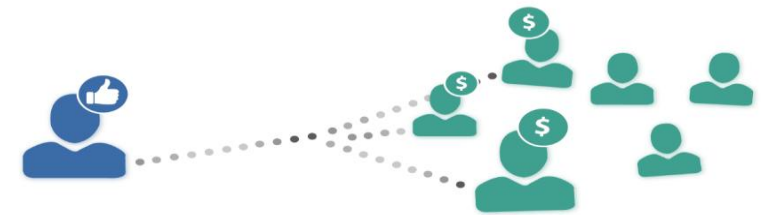
Referral



Why Referral?

Prevention is better than cure

- Take actions for early detection
- Specimen referral
- Referral of suspected COVID-19 cases
- Psycho-Social help
- Seeking helpline
- Mental health care consultation
- Support from GO/NGO
- Partnerships with local community and spiritual leaders



Trends

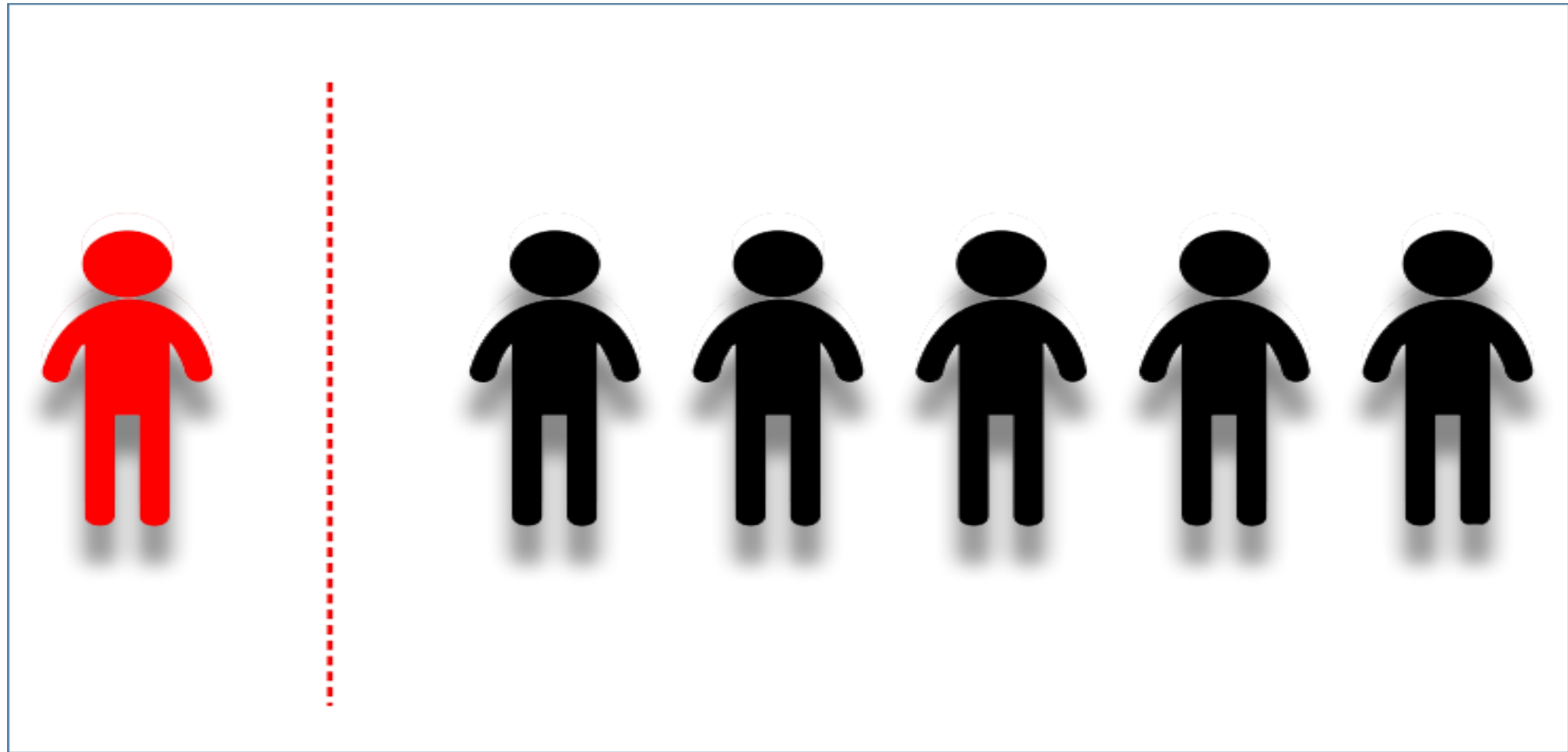
- Public mental health responses and community outreach
- Rethinking conventional mental health approaches
- Teletherapy, Tele psychiatry
- Home-based treatment and tele outreach
- Stakeholder groups (including service users and families)
- Community support services
- Multiagency collaboration and inter sector approach
- Community monitoring and mental health screening.
- Integration of mental health services with general health services
- Institutional guidelines to deal with mental health difficulties
- Continuous psychosocial services
- Advocacy, PPP, risk communication and destigmatising

What can be done?

- Provide integrated mental and physical treatment and care through primary care
- Integrate mental health issues into broader health policies, programmes, and partnerships
- Integrate mental health into services during and after emergencies
- Include mental health issues within social services development.
- Mainstream mental health issues into education
- Include people with mental health conditions in income-generating programmes
- Strengthen human rights protections
- Build the capacity to participate in public affairs.

- Disseminating cultural and linguistically concordant educational materials via email, social media, and phone.
- A phone hotline for the community to ask questions and connect with services, including legal aid during this crisis.
- Public and private industry partnerships to provide free/subsidized phone, Internet, and broadband, which are essential for distance learning, remote working, and tele-health.
- Leveraging and employing current technologies to determine COVID-19 hotspots to target for intervention and better understand at-risk populations.

SOCIAL STIGMA



SOCIAL STIGMA

- In the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease.





WHY IS COVID-19 CAUSING SO MUCH STIGMA?



WHAT IS THE IMPACT?

1

- Drive people to hide the illness to avoid discrimination.

2

- Prevent people from seeking health care immediately.

3

- Discourage them from adopting healthy behaviours.

ADDRESSING SOCIAL STIGMA



Building trust in reliable health services and advice



Showing empathy with those affected



Understanding the disease itself



Adopting effective, practical measures



Engaging social influencers



Spreading the facts



Correcting misconceptions



Promote the importance of prevention



Amplify the stories of the those who survived



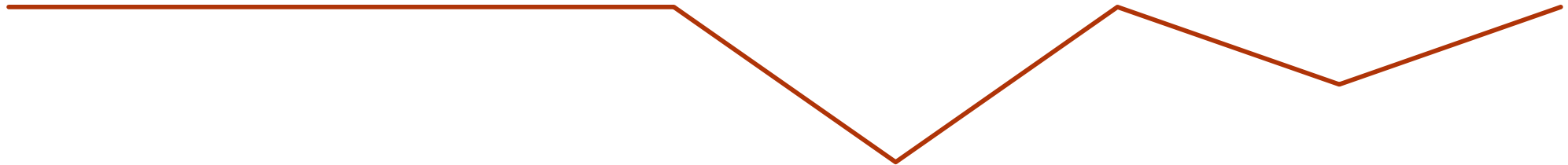
Early screening and treatment



Ethical journalism

Stress & Covid-19

- COVID-19 pandemic may be stressful for people.
- It is normal to feel sad, stressed, confused, scared or angry during a crisis.
- Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children.
- Stress is a disturbance of the person's steady state.



CASE 1

- Mr R is a business man, He used to have a good monthly income. But due to COVID 19 lock downs his business turn over has decreased by 60%.
- He is unable to sleep well, does not feel hungry. He is irritable with his family members. He has started smoking 6 -8 cigarettes a day. He is constantly worried and feels that his life is going to end.

CASE 2

- S is a 12 year old studying in class 6. Since the lock down his classes have been suspended. He does not attend school. Has not been able to meet his friends. At home both his parents are working from home.
- He cant go outside the house. He attends online classes for 4 hours a day. S feels lonely and sad. He is also anxious about his classes as he finds them boring. Feels tired, gets angry with his mom and dad when they ask him something.

CASE 3

- Mrs V is a vegetable vendor. She and her husband used to sell vegetables in a pushcart. And earn daily wages. In the last 5 months they have lost their daily source of income.
- She is very worried and anxious about the future of her family. Money for daily expenses of the family, Children's education, house rent, money for medicines etc. hence she feels agitated, constantly has aches and pains in the body. She is not able to eat and sleep properly.

CASE 4

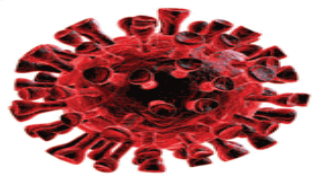
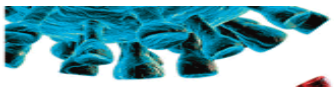
- Mrs D is a 65 yr old lady living alone. During the COVID 19 lock downs she has been isolated from her neighbours and family. She feels lonely and distressed.
- Mrs D is not able to access medication, feels low bored and depressed. She is not able to sleep well and wakes up in the middle of the night. Suddenly feels she is going to die or something bad will happen to her children.

Stress is inseparable

Stress is an inseparable part of human existence and it affects all individuals

- Rich and poor
- Educated and illiterate
- Both men and women
- Young and the old alike
- Across both developed and developing nations.



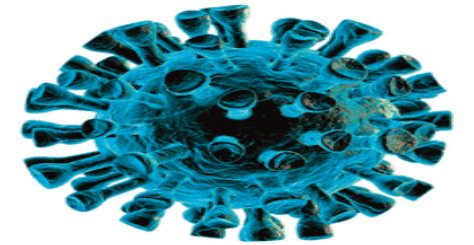


72%

of respondents to a Kaiser Family Foundation poll conducted in late March said **their lives had been “disrupted” by COVID-19**

45%

said they felt worried or stressed that **the coronavirus was having a negative impact on their mental health**, with 19% of those saying it was having a “major impact”



Even before the COVID-19 pandemic, stress was taking a toll

According to the American Psychological Association’s 2019 Stress in America survey:

69%

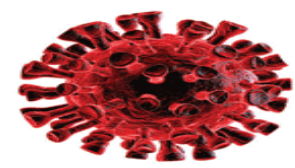
of respondents said **“healthcare” was a significant source of stress**, which is almost as high as mass shootings at 71%

71%

of people with **private insurance** said the cost of care caused them stress

53%

of people with **public insurance** said the cost of care caused them stress



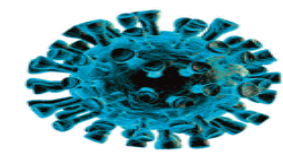
In a 2018 survey, management consulting firm Korn Ferry found that 76% of respondents said **stress at work had a negative impact on their personal relationships**, and 66% said they **lost sleep due to work stress**

30%

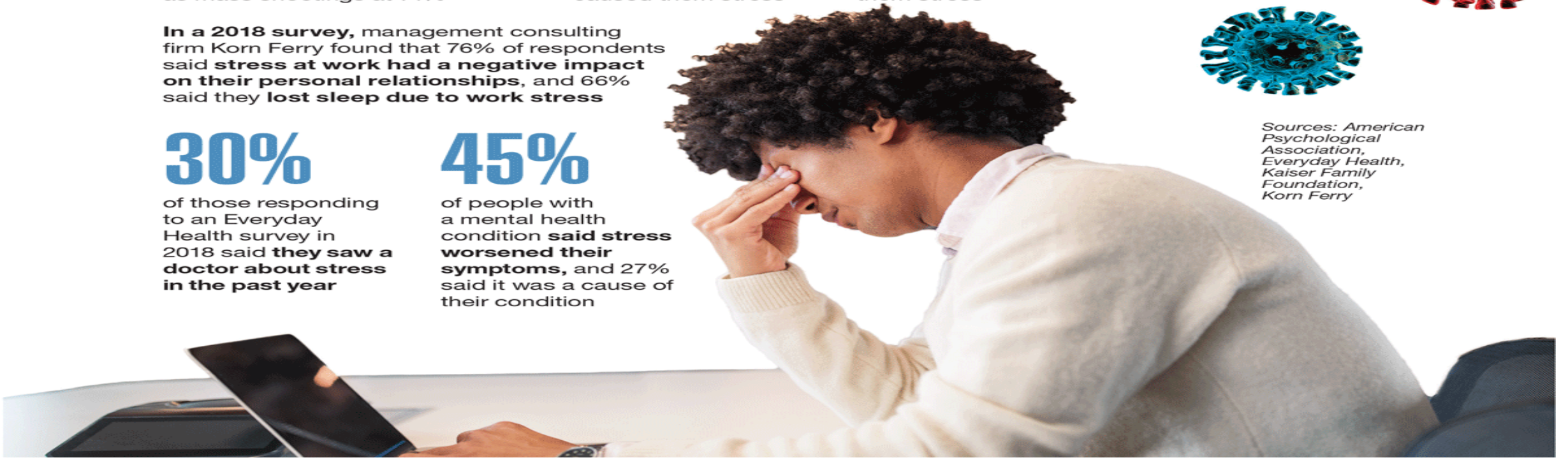
of those responding to an Everyday Health survey in 2018 said **they saw a doctor about stress in the past year**

45%

of people with a mental health condition **said stress worsened their symptoms**, and 27% said it was a cause of their condition



Sources: American Psychological Association, Everyday Health, Kaiser Family Foundation, Korn Ferry



Statistics of COVID-19

- Stress levels have been on the rise with 43% Indians suffering from depression, according to a new study.
- 10,000 Indians were interviewed to understand how they have been coping
- According to the study, 26 per cent respondents were suffering from mild depression, 11% were feeling moderately depressed, and 6% were facing severe symptoms of depression.
- Depression, Anxiety and stress were prevalent among Indian population during the lockdown.

Source :GOQII,2020

SIGNS OF STRESS DURING QUARNTINE/LOCKDOWN

Decreased energy & activity level

Unusual restlessness / excessive worry

Unable to relax or sleep

Change in eating patterns

Feeling edgy

Severe anxiety/ panic

Recurrent body aches/ body aches

Increased use of alcohol

Crying frequently

Irritability /anger outburst

WHY IS SELF CARE **MORE** IMPORTANT DURING SUCH CRISIS?

To deal with stress and anxiety

To cope with the situation effectively







To maintain mental health and psychosocial wellbeing

To prevent health problems

To adapt to new challenges and circumstances

To enhance immunity and overall health

Managing Stress Means?

Managing Stress Means?	True/ False
1)Eliminate the stress	
2)Learn to deal with it	
3)Become aware of the stressors	
4)Learn to react	
5)Learn to respond	
6)Recognizing what I can change	

Stress Management

A B C



Awareness

What Causes you ?

How do you react?

Balance



Line between Negative & Positive Stress

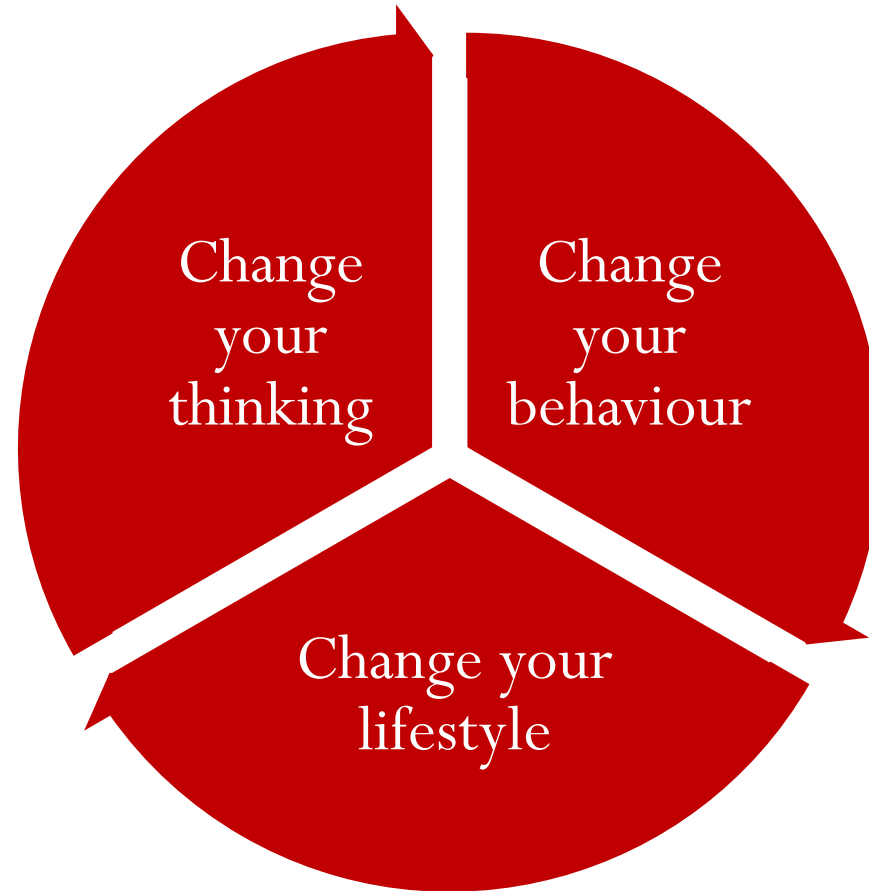
**How much you can cope before it becomes
distress?**



Control

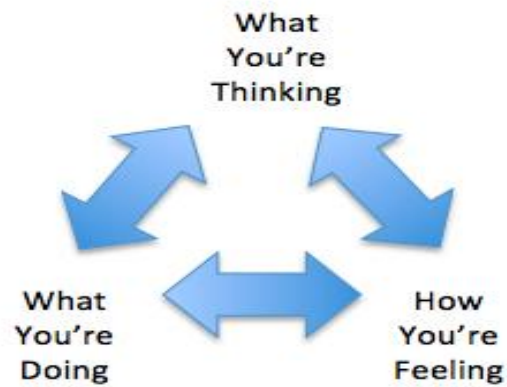
What you can do to help yourself to overcome negative effect of stress ?

Stress Management Techniques



1) Change your thinking

- Change your perception of stress
- Modify the meaning you attach to stress



2)Change your behaviour



Unhealthy ways of coping with stress





3)Change your lifestyle



Maintain Normal Routine



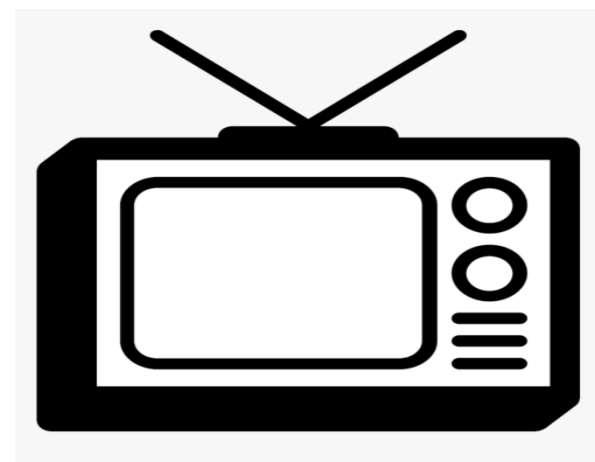


Relaxation Skill

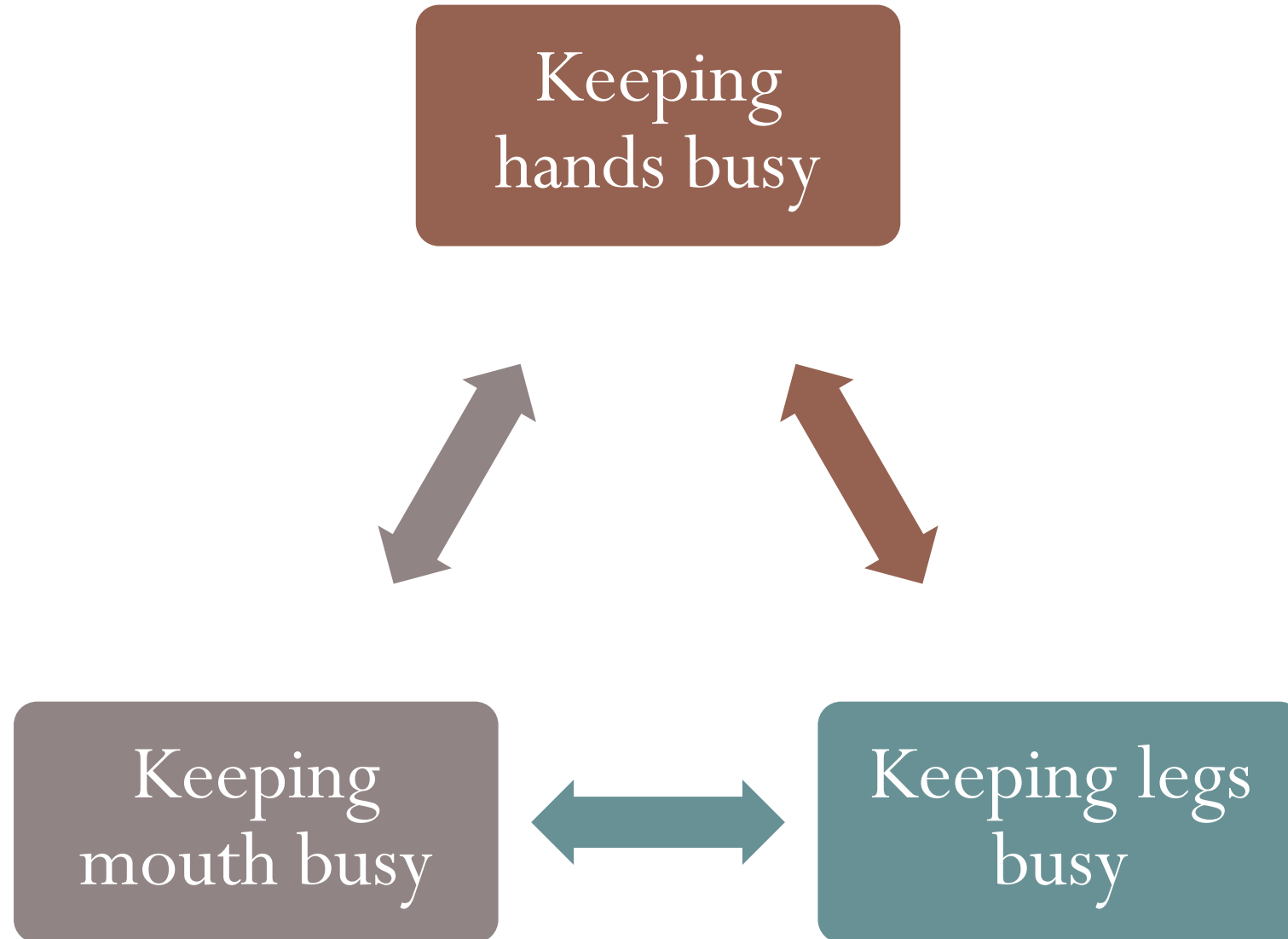




Connecting & Disconnecting



THREE COMPONENTS OF SELF CARE AND MENTAL HEALTH



SELF CARE STRATEGIES

Get organised

Prepare a daily
routine

Physical
exercise

Yoga

Adequate sleep
& sleep hygiene

Meditation

Balanced diet

Mindfulness

Write your
feelings in a
journal

Stay in touch
with your
friends/family

Learn
something new

Watch or read
something
uplifting

SELF CARE STRATEGIES

Check out support groups and helplines

Play or listen to music

Engage in old hobbies

Spend time with family if you are together

Limit your time online and in social media

Find a new hobby

Find a way to help others

Try a new recipe

Seek support

Put down your phone

Give yourself a break from news

Remember you are not alone

These tips are about self-care, but humans generally need community to be happy.

**NATIONAL COVID-19 PSYCHOSOCIAL
SUPPORT HELPLINE**

Welcome Message
&
Instruction about Helpline

HINDI
(Press-1)

ENGLISH
(Press-2)

REGIONAL LANGUAGE
(Press-3)

(HINDI Voice over)
Child (Press- 1)
Adult (Press-2)
Elderly (Press-3)
Women (Press-4)
Health Care Worker (Press-5 Hindi & English, NIMHANS No.)

(ENGLISH Voice over)
Child (Press- 1)
Adult (Press-2)
Elderly (Press-3)
Women (Press-4)
Health Care Worker (Press-5 Hindi & English, , NIMHANS No.)

REGIONAL LANGUAGE Voice over
Child (Press- 1)
Adult (Press-2)
Elderly (Press-3)
Women (Press-4)
Health Care Worker (Press-5 Hindi & English, , NIMHANS No.)

HINDI speaking
Frontline Mental Health Professionals

ENGLISH speaking
Frontline Mental Health Professionals

Regional language speaking
Frontline Mental Health Professionals

Junior Mental Health Professionals

Junior Mental Health Professionals

Junior Mental Health Professionals

Senior Mental Health Professionals

Senior Mental Health Professionals

Senior Mental Health Professionals

NO OF LANGUAGES AND PHONES ADDED

Sl. No	Language	No. of Phone connected
1	Assamese	3
2	Bengali	14
3	Bhojpuri	2
4	English	107
5	Hindi	335
6	Kannada	3
7	Khasi	1
8	Malayalam	20
9	Marathi	118
10	Nepali	1
11	Tamil	24
12	Telugu	28

No of languages added: 12

No of phone numbers added: 656

No of states/UTs: 19

STATES AND UNION TERRITORIES COVERED

Sl. No	State/Union territories	Languages	No. of professionals connected
1	Uttar Pradesh	Hindi	65
2	Uttarakhand	Hindi	121
3	Punjab	Punjabi	70
4	Meghalaya	English & Bengali	6
5	Sikkim	English & Nepali	42
6	Manipur	English, Bengali & Hindi	20
7	Andaman and Nicobar	Hindi & Bengali	2
8	Bihar	Hindi	10
9	Chhattisgarh	Hindi	19

Sl. No	State/Union territories of India	Languages	No. of professionals connected
10	Gujarat	Hindi & Bengali	19
11	Haryana	Hindi	15
12	Jharkhand	Hindi & Bengali	11
13	Maharashtra	Marathi	118
14	Telangana	Telugu	11
15	Kerala	Malayalam	14
16	Tamil Nadu	Tamil	20
17	Puducherry	Tamil	4
18	Lakshadweep	Malayalam	3
19	Andhra Pradesh	Telugu, Tamil & English	25

INSTITUTES/ AGENCIES INVOLVED

- **NIMHANS, Bengaluru**
- **CIP, Ranchi**
- **LBGRIMH, Tejpur**
- **PGI, Chandigarh**
- **DMHP/Mental health teams in district hospitals in 19 states/UTs**

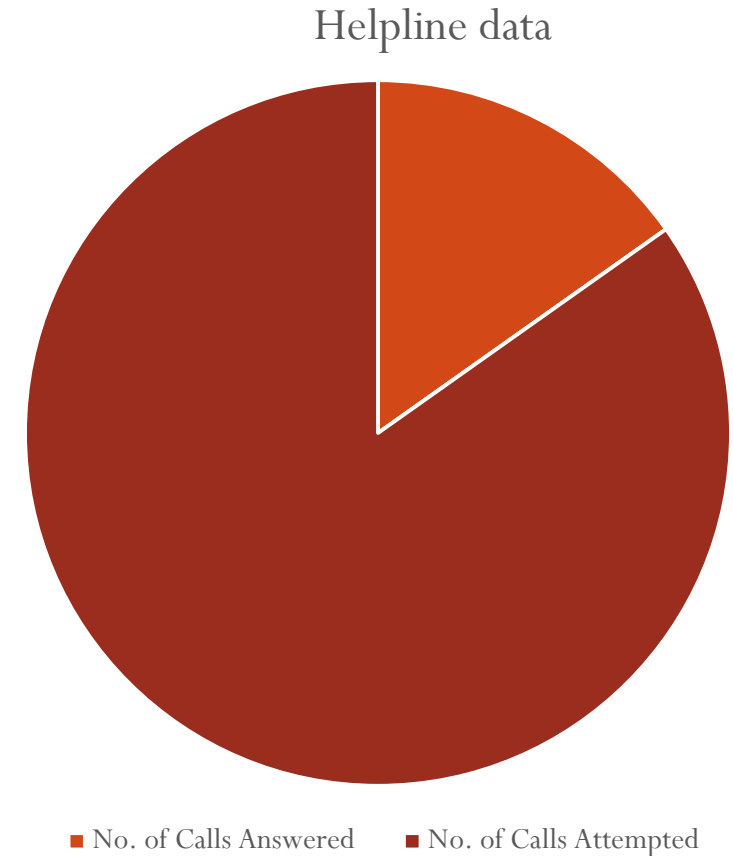
HELPLINE DATA (INCOMING)

29/3/2020 to 3/7/2020

No of calls answered: **46987**

No of calls attempted: **262174**

Total no of calls: 309061



HELPLINE DATA (Call Back)

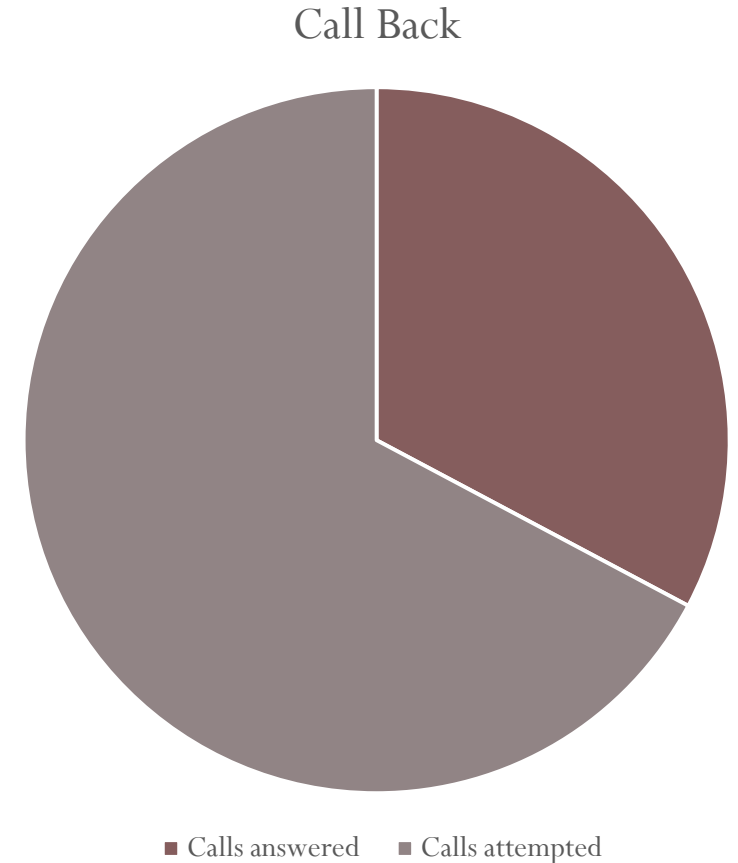
29/3/2020 to 3/7/2020

No of calls answered: **156**

No of calls attempted: **320**

Total no of calls: 476

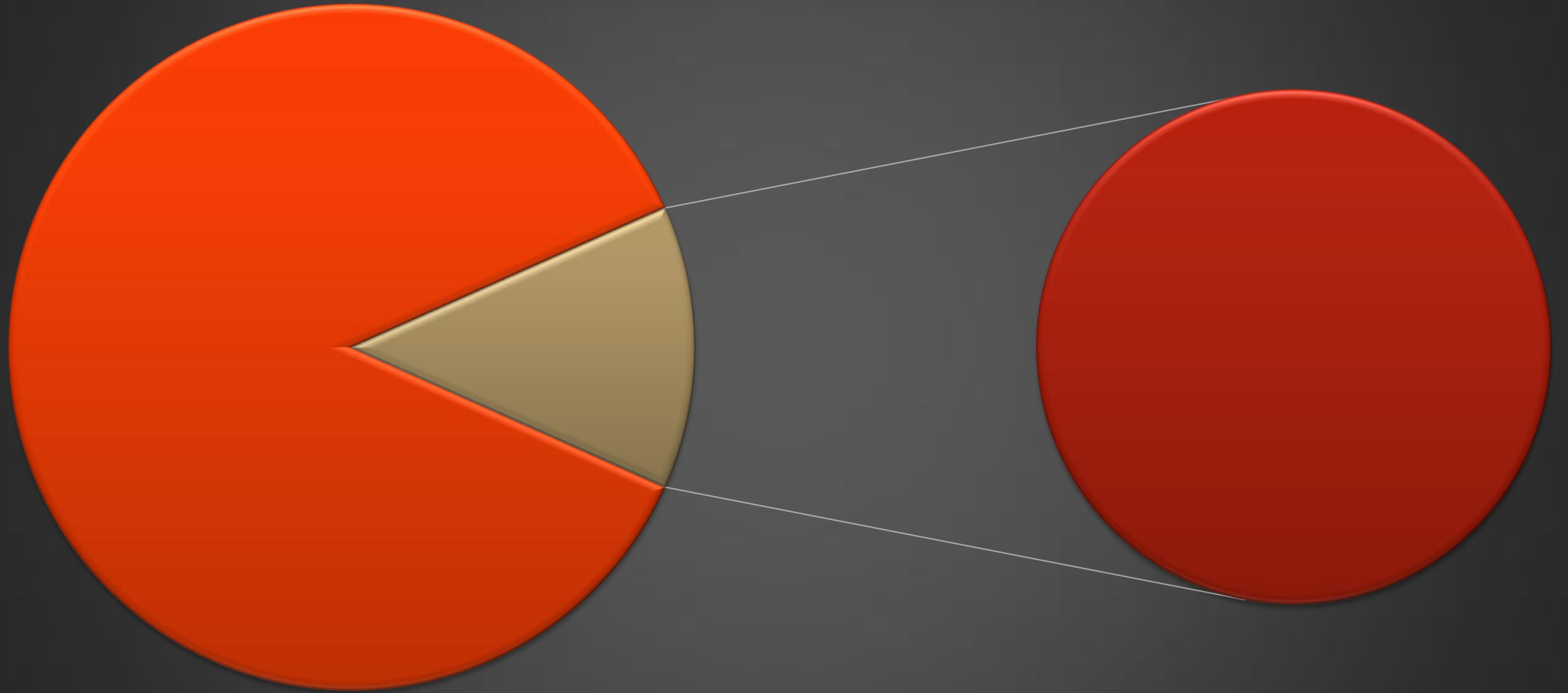
Note: Only by NIMHANS and LGBRIMH



CATEGORY OF CALLERS

Category	April	May	June	July	Total
Child	19760	14606	1487	97	35950
Adult	18469	16175	2768	153	37565
Elderly	6299	4882	665	33	11879
Women	8402	5883	1029	41	15355
Health care worker			280	60	767
Total	52930	41546	6229	384	101516

April to September

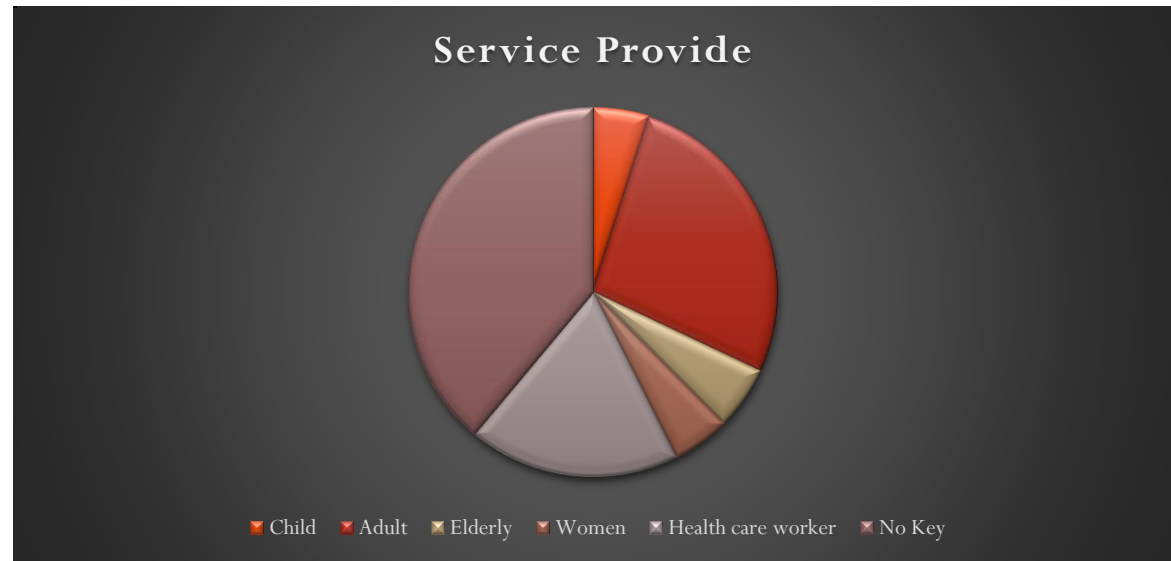


■ Total Calls (221634) ■ Service Provided (34127)

Helpline data September

Category	Service Provide
Child	65
Adult	361
Elderly	74
Women	67
Health care worker	246
No Key	518

01/09/2020 – 30/09/2020	
No. of people approach	5566
Service Provided	1331



NIMHANS INITIATIVES

This vast resource of materials developed for novel corona virus, COVID-19 acts as a model that can be reproduced for future pandemics.

Table -1: Broad areas suggested by the Ministry of Health and Family welfare

S. No	Topics
1	Social Stigma associated with Covid - 19
2	Coping with stress during Covid -19
3	Psycho-social support to persons with disabilities during Covid-19 pandemic
4	Activities for adults during isolation-quarantine
5	Adolescents in home or hospital quarantine setting
6	Mental Health in elderly during Covid-19
7	Emotional issues after recovery from Covid-19
8	Recognizing mental health problems in your near and dear ones and dealing with it
9	Dealing with persons with mental illness: Challenges faced by persons with mental illness due to self-isolation or Covid-19 infection
10	Stress management among health care workers fighting Corona virus
11	Stress of police and other essential service providers
12	Yoga for stress reduction and well-being (Video)
13	Meditation for stress Management (Video)
14	How to manage alcohol and tobacco during self-isolation?
15	Stress from the experience of being monitored by others for the symptoms of Covid-19
16	Management of anxiety/stress while self-monitoring for symptoms of Covid-19

IEC Development on Covid-19 And Mental Health

POSTER/FLYER

Sl.No.	Subject
1.	Taking care of Mental Health of elderly during COVID-19
2.	Taking care of Mental Health of children during COVID-19
3.	Social stigma associated with COVID-19
4.	Psychosocial support for migrant workers – Promoting Mental Health
5.	Dealing with stress related to postponement of exams in view of COVID-19 pandemic
6.	Promoting mental well-being of Police Personnel during COVID-19- Kannada and English
7.	Children and adolescent well-being during COVID-19

IEC Development on Covid-19 And Mental Health

1. BROCHURE

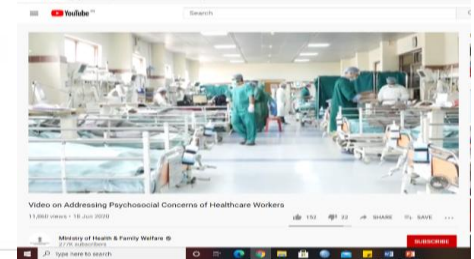
Sl.No	Subject
1.	Social stigma associated with COVID-19-Two fold- Hindi and English
2.	Psychosocial Support to Persons with Disabilities During COVID-19 Pandemic-3/4 fold
3.	Mental health of police personnel during COVID-19- Kannada and English
4.	Promoting mental well being of Older adults during COVID-19- English
5.	Quitting tobacco at the time of COVID-19
6.	Children and adolescent well being during COVID-19
7.	Children and adolescent well being during COVID-19- For parents or caregivers



VIDEOS



Sl.No	Subject
1.	1. One minute video on Yoga for stress management(English) 2. One minute video on Yoga for stress management(Hindi) 3. One minute video on Meditation for stress management(English) 4. One minute video on Meditation for stress management(Hindi) 5. Two minute guided video on Yoga for stress management Part 1(English) 6. Two minute guided video on Yoga for stress management.-Part 1 (Hindi) 7. Five minute guided video on Yoga for stress management Part 2(English) 8. Five minute guided video on Yoga for stress management.-Part 2 (Hindi) 9. Text
2.	Social Stigma associated with COVID-19-English
3.	COVID-19 kesaathjudesamajikbedhbaav [Social Stigma associated with COVID-19]- Hindi
4.	Issues related to postponement of entrance exams associated with COVID-19 with text
5.	How pregnant women can handle COVID-19 related anxiety
6.	How postpartum women can handle COVID-19 related emotional distress
7.	Handling substance dependence during COVID-19
8.	Psychosocial Support to Persons with Disabilities during COVID-19 Pandemic
9.	Psychosocial Support for women suffering from Domestic violence during COVID-19 Pandemic
10.	Issues related to postponement of entrance exams associated with COVID-19 15 minute panel discussion
11.	Promoting mental well being of Police Personnel during COVID-19
12.	Handling parental stress during COVID 19
13.	Helping children and adolescents handle stress during COVID-19
14.	Stress management for Frontline health worker



1. SMS

Sl.No	Message
1.	Knockdown your lockdown blues. Get listened to by reaching out to 080-4611 0007
2.	Panicked by the Pandemic. You are not alone. Connect with us @ 080-4611 0007
3.	To de-stress from distress, engage with us @ 080-4611 0007
4.	Feeling tensed due to COVID 19. Feel free to reach out @080-4611 0007
5.	For all corona related anxiety, Call 080-4611 0007
6.	Mask your ears to COVID-19 misinformation. Authentic information? Contact 080-4611 0007
7.	Stay home & address your physical health, call us to help you address your mental health @ 080-4611 0007
8.	Finding yourself in a state of distress and anxiety? Call us at 080-4611 0007
9.	One call away to address your distress and anxiety at 080-4611 0007
10.	Is Covid-19 Pandemic being overwhelming and stressful, Call 080-4611 0007
11.	Is fear and anxiety, taking over your mental health? Heal yourself, call 080-4611 0007
12.	A lending hand for your mental health support. Call 080-4611 0007
13.	Don't keep your mind in lockdown, call us at 080-4611 0007
14.	No feeling is good or bad. Talking out helps. Call 080-4611 0007
15.	From being broken and helpless to healing. Talk to experts at 080-4611 0007
16.	Is the current scenario overpowering your mind? Call 080-4611 0007
17.	Take a moment, pause, it's okay to seek support. Call 080-4611 0007
18.	No health without mental health. Seek help. Call 080-4611 0007
19.	Unwind your mind of COVID- 19. Call 080-4611 0007
20.	Care for your mental wellbeing? Dial 080-4611 0007
21.	Feeling emotional isolation associated with COVID-19? Call 080-4611 0007
22.	Ashanth se shanthmann. Dial kijiye _ 080-4611 0007
23.	Mind matters. Dial 080-4611 0007 for help
24.	What's on your mind? Unwind for help at 080-4611 0007
25.	Fit mind: Fit body. Feel mindful at 080-4611 0007

POSTERS/FLYERS DEVELOPED IN NIMHANS

CORONA VIRUS (COVID-19)

WHAT IS THE NOVEL CORONAVIRUS?
Coronavirus disease (COVID-19) is an infectious disease that causes illness ranging from the common cold to more severe disease by a new virus which was originated from Wuhan, China. On March 11, 2020 WHO declared the Novel Coronavirus outbreak as a pandemic.

The word "Corona" means crown in Latin. Coronaviruses have spiky projections on their surface that look like crowns. All coronaviruses have a similar structure. They are also 'enveloped' viruses, which means they are able to stick to surfaces, but are also able to be killed with disinfectants. "The virus is called 'novel' because it started with an animal population, was transmitted to a human and now can go from human to human. About 80% of confirmed cases recover from the disease without any serious complications. However, one out of every six people who gets COVID-19 can become seriously ill.

HOW DOES THE VIRUS SPREAD?
There are two major ways that the virus is spread: from person to person (direct close contact) through respiratory droplets when an infected person coughs or sneezes, and from contact with contaminated surfaces (indirect contact) where the virus can survive for hours to days at a time.

WHAT ARE THE SYMPTOMS?
The symptoms include a combination of:

- Fever
- Cough
- Difficulty breathing
- Muscle Pain
- Tiredness

HOW IS COVID-19 DIFFERENT FROM OTHER VIRUSES?

- Absence of cure/vaccine
- Absence of short term or long-term plans for managing the pandemic
- Lack of community preparedness

REMEMBER

- Wash your hands often with soap and water
- Maintain social distancing
- Avoid touching eyes, nose and mouth
- Practice respiratory hygiene
- Dispose of the used mask and tissue immediately in a closed bin
- People who have the symptoms seek medical care early
- Stay informed and follow advice given by your healthcare provider

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

INFORMATION ON COVID19

IMPACT OF COVID-19

Any disaster can leave a profound trail of suffering to the individual, family and to the community. The disaster impacts are classified in the following domains.

Physical	Psychological
<ul style="list-style-type: none"> Headaches Neck tension Increased heart rate Stomach upset Fatigue Sleep problems Lack of appetite Lower energy 	<ul style="list-style-type: none"> Insecurity Fear & Anxiety Sadness Irritability Aggression Anger Unable to concentrate Withdrawal
Social	Economical
<ul style="list-style-type: none"> Interpersonal issues Domestic violence Lack of privacy Discontinuity of regular life Lack of social support Stigma & discrimination Spread of misinformation Abuses 	<ul style="list-style-type: none"> Breakdown of basic supplies Unable to work Loss of livelihood options Unemployment Industrial shut down Breadwinner loss Price rise on essential commodities Hoarding of materials

REMEMBER

- Disaster can cause life-altering impact on the individuals and families.
- All impacts are interrelated.
- There are short term and long term impacts.
- The interconnection of the impact needs to be understood to plan psychosocial care support at different levels.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

IMPACT OF COVID19

MYTH BUSTERS OF COVID-19

Coronavirus disease (COVID-19) advice for the public: Myth busters

5G mobile networks DO NOT spread COVID-19	Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.
Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent COVID-19	You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.
You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.	Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early - but call your health facility by telephone first.
Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.	The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with the breathing exercise, which can even be dangerous.
Drinking alcohol does not protect you against COVID-19 and can be dangerous.	Frequent or excessive alcohol consumption can increase your risk of health problems.
COVID-19 virus can be transmitted in areas with hot and humid climates	From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

(Source/WHO)

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

MYTHS ON COVID19

TECHNIQUES OF PSYCHOSOCIAL SUPPORT

There are seven basic techniques of psychosocial support which can be used to alleviate the distress people have due to Covid-19.

- 1. VENTILATION**
 - Listen carefully and attentively
 - Maintain eye contact
 - Do not interrupt
 - Do not be judgemental
- 2. EMPATHY**
 - Be patient
 - Give them space
 - Try to understand the person from their own perspective
 - Keep yourself in his/her position
- 3. ACTIVE LISTENING**
 - Maintain eye to eye contact
 - Respond occasionally while listening
 - Avoid interruptions
 - Be accepting and do not judge
- 4. SOCIAL SUPPORT**
 - Identify the existing primary, secondary and tertiary social support
 - Seek out peer support
 - Take advantage of technology
 - Ask for help
- 5. EXTERNALIZATION OF INTEREST**
 - Provide varied types of activities
 - Be encouraging
 - Motivate to resume activities that were once meaningful
 - Guide them
- 6. RELAXATION & RECREATION**
 - List down the activities
 - Encourage them to take regular relaxation exercise
 - Prompt to cultivate a hobby
- 7. SPIRITUALITY**
 - Practice spiritual beliefs and practices at home
 - Practice private prayers
 - Yoga, meditation & reflections
 - Help them to find a new meaning

REMEMBER

- These techniques may be intangible in terms of immediate effect as it sets the foundation for long term rebuilding to take place.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
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TECHNIQUES OF PSS – COVID19

HAZARD, RISK & VULNERABILITY IN COVID-19

BIOLOGICAL HAZARDS
Biological hazards are of organic origin or conveyed by biological vectors, including pathogenic microorganisms, toxins and bioactive substances. Eg: Bacteria, viruses or parasites.

These are a major source of risk that may result in emergencies and disasters. They cause significant:

- Loss of life
- Affect thousands of people
- Potential for major economic losses

RISK ASSESSMENT
It should consist of questions like

- Who is at risk?
- What are the routes of transmissions within and between communities?
- What is the level, severity and scale of the risks?
- What is the risk of international spread?
- What are the effective treatment and control measures available to use to contain and stop the risk?
- What are the environmental and ecological factors or drivers affecting the risk?
- What are the contextual factors to take into account when managing the risks?

VULNERABLE GROUPS

- Children
- Pregnant women
- Elderly people
- Malnourished people
- People who are ill and having comorbidities

REMEMBER

- Proper identification of people who are vulnerable and are at risk helps in early detection and timely prevention.
- To determine people's vulnerability, it is important to understand to what threat or hazard they are vulnerable and what makes them vulnerable to that hazard.
- A comprehensive psychosocial risk analysis activity will help in understand the kind of threats the community can be exposed to, the possible extent of damage.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
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HAZARD, RISK & VULNERABILITY IN COVID19

CIRCLE OF SUPPORT IN COVID-19

A circle of support is sometimes called a circle of friends. It is used to support individuals to become connected in the community, and to make friendships and relationships. When we are troubled we call on our family and friends to share our pain or joy and to help us think through what we can do. So keeping social distancing in mind it is important for us to keep alive our circle of support for better recovery from Covid-19.

WHY IT IS REQUIRED?

- As individuals and as families they may become isolated and hence have very few people around them. It is in these circumstances that circle of friends/support need to be developed.
- Circles are a group of people who meet together to help somebody in their difficulties.

REMEMBER

- Circles can be as small or as large as required.
- In order to develop a circle, a relationship map is created with the individual to identify the people in their life.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

CIRCLE OF SUPPORT IN COVID19

POSTERS/FLYERS DEVELOPED IN NIMHANS

CHILDREN IN COVID-19

The symptoms of COVID-19 are similar in children and adults. Children with confirmed COVID-19 have generally shown mild symptoms. The common reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough, vomiting and diarrhea. It's not known yet whether some children may be at higher risk for severe illness, but precautions are necessary.

WHAT RISKS CHILDREN CAN HAVE?

- Developing minds
- Poor knowledge
- High physical energy
- High needs for social play

RESTORING CHILD'S ROUTINE

- Enforce hygiene & self-care
- Restrict TV time
- Encourage indoor play/ recreational activities
- Plan adequate physical activities
- Arrange for online tutorials
- Stoke creativity
- Ensure social contacts via virtual media
- Child helpline

ANXIETY/ EXCESS FEAR OF ILLNESS

- Disruption of normal routines
- Worries about loved ones
- Disturbed care & supervision

CARRY FORWARD MESSAGE

WHAT YOU CAN DO???
Talk about risk of infection

How?

- Talk to the child in calm tone
- Introduce COVID-19 as a kind of flu
- Do not scare them with fatal facts

What?

- Hand washing (20 sec.)
- Physical distancing
- Regularly disinfecting surfaces and objects
- Seeking doctor's help as per need

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

CHILDREN IN COVID19

MEDIUMS TO WORK WITH CHILDREN IN COVID-19

The mediums given below are used as a power tool to bring out the repressed emotions to facilitate healing and mastery of the Covid-19 in children. Using such mediums helps children in decision making, problem solving and mastering over their emotions. Many research findings show that an art therapy provides a medium for communication and a means to facilitate the healing of emotional scars for children following a disaster event.

FACIAL EXPRESSION CARD

It is used to understand child's feelings about the current pandemic of Covid-19. Show them different emotions cards and ask them to pick up any emotion that they are undergoing now. Ask them to tell more about the emotions and events. This can be repeated periodically to identify the changes in their emotions.

FAMILY PORTRAIT

It can be used to understand about child's family, emotional state of family members, child's relationship with the family members during the Covid-19. Ask them to draw the current functioning of their family system and how was it before the Covid-19. This can be done to know the child's expectation from each of the family member.

DRAWING

It is used to help children to express their pent-up feelings through drawing the different aspects of Covid-19 impact and help them develop optimistic outlook in life by overcoming the adversity. They can be asked to draw the painful event and the losses occurred due to Covid-19.

WRITING

It can be done with adolescents. This can be used as a mechanism to ventilate their emotions. Those feelings of disturbing events in life due to Covid-19 can be brought out with this stage. It can be conducted in following ways such as asking about the event that bothers me due to Covid-19, things I missed a lot and what can I do to make my life happy?

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
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MEDIUMS TO WORK WITH CHILDREN IN COVID19

WOMEN IN COVID-19

COVID-19 Pandemic has been spreading through the continents affecting all the individuals alike. This period has been particularly stressful on women who have been a particularly vulnerable group of society. Though the mortality rate from COVID-19 amongst women is lesser than that of men, there are several other factors in play that make them vulnerable.

Studies done so far, amongst the general population also report higher rate of psychological problems among women in comparison to men.

WHY ARE WOMEN AT HIGH RISK OF DEVELOPING PSYCHOLOGICAL PROBLEMS?

- Women as a group are more at risk, since they often have to maintain a balancing act between work and family.
- With the social distancing protocols and lockdowns imposed all over the country, their daily lives and routines have been thrown into disarray.
- Additional care-taking responsibilities since all members of the family are home 24x7.
- Home-schooling children: Mothers struggle to maintain a schedule for their young children and often find it hard to keep them engaged.

PSYCHOLOGICAL PROBLEMS AMONGST WOMEN IN POST COVID-19

PSYCHOSOCIAL INTERVENTIONS

- Tele-outreach Helplines
- Psychoeducation about COVID-19
- Psychological First Aid(PFA)
- Training of the grass-root level workers through online training programmes

REMEMBER

- It is important to remind women to take some time out for themselves each day.
- Encourage women to participate in some form of relaxation exercises on a daily basis.
- Advising women to structure their day into smaller portions for balancing their tasks and responsibilities with hobbies or interests that keep their mind calm and refreshed.
- It is important to 'put yourself in their shoes' to be able to truly understand and help them cope with their difficulties.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

WOMEN IN COVID19

ELDERLY IN COVID-19

Elderly people who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. It is important to have a care plan for elderly as it is an important part of emergency preparedness. It is important for the family members to support and provide care to the elderly as they have more health-related anxiety and fear of death.

WHY ARE OLDER ADULTS MORE VULNERABLE?

- High prevalence of diabetes, hypertension, heart disease, lung disease etc
- High prevalence of frailty and low immunity
- Higher rates of hospitalization / Intensive care and mortality due to COVID-19
- Health anxiety and fear of death more common
- Physical illness and social isolation are major risk factors for depression / anxiety
- Need to avoid ageism related bias as many of them may be resilient
- Older adults may have experienced epidemics due to small pox, cholera etc

MENTAL HEALTH ISSUES IN ELDERLY

- Disturbed Sleep, feeling anxious, panic attacks,
- Feeling of emptiness, depressed mood, loss of interest,
- Fear of contracting COVID-19, fear of spreading the infection to others,
- Behavioral problems in persons with dementia due to restriction in activities and difficulty in understanding about COVID-19,
- Co-morbidity of pre-existing mental illness like Depression & anxiety
- Anxiety about health, death and dying in unnatural circumstances without access to other relatives

PSYCHOSOCIAL INTERVENTION

- Mindfulness-based stress reduction and yoga
- Practice optimism
- Engage in meaningful activities
- Relatives learn to share their lived experiences
- Connect with family or friends using a variety of technological non-contact
- Reminiscence therapy and life review

REMEMBER

- Support for those with special needs (mobility, hearing/ vision impairment etc)
- Maintaining social contact with physical distancing
- Helpline, counselling for those living alone / under quarantine

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

ELDERLY IN COVID19

HIGH RISK GROUP IN COVID-19

MIGRANTS

Migrants are less familiar in their new environment in which they temporarily live. They are prone to various social, psychological and emotional traumas. There are chances that they may encounter fear of neglect by the local community and they may be forced to move their native place.

PSYCHOSOCIAL INTERVENTION FOR MIGRANTS IN COVID-19

- Treat everyone with dignity, respect, empathy and compassion
- Listen to their concerns patiently and understand their problems
- Recognize specific and varied needs for each person/family
- Help them to acknowledge that this is an unusual situation of uncertainty
- Reassure them that the situation is transient and not going to last long
- Be prepared with all the information about possible sources of help
- Inform them about the support being extended by different sources
- Emphasize on the importance of their staying in their present location

ESSENTIAL SERVICES PERSONNEL

They are under physical and psychological pressure including high risk of infection, inadequate equipment for safety from contagion, isolation, exhaustion, and lack of contact with family.

PSYCHOSOCIAL INTERVENTION FOR ESSENTIAL SERVICES PERSONNEL IN COVID-19

- Create buddy support system
- Have a regular meeting with the team of workers
- Appreciate them for their work
- Create opportunity for having a mental health intervention team to provide online courses
- Psychological assistance such as hotline intervention

PERSONS WITH DISABILITY

Persons with disabilities and others face challenges in accessing health-care services, due to lack of availability, accessibility, affordability, as well as stigma and discrimination.

PSYCHOSOCIAL INTERVENTION FOR PERSONS WITH DISABILITY

- Make sure that they are not at the risk of contamination
- Mobilize various resources
- Provide accurate information
- Ensure caregivers support

REMEMBER

It is important to treat the vulnerable group with respect and provide the utmost care with the available resources.

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

HIGH RISK GROUP IN COVID19

REFERRAL IN COVID-19

WHY REFERRAL?

- Prevention is better than cure
- Take actions for early detection
- Specimen referral
- Referral of suspected COVID-19 cases
- Psycho-Social help
- Mental health care consultation
- Support from GO/NGO
- Partnerships with local community and spiritual leaders

VARIED REFERRAL IN COVID-19

- COVID Care Center (CCC)
- Dedicated COVID Health Centre (DCHC)
- Dedicated COVID Hospital (DCH)
- Helpline Numbers
- GO/NGO
- Mental Health Care

REMEMBER

As a community worker you may be asked to prepare a line list of all people who have travelled to other countries or suspected to have Covid Symptoms in the last 14 days:

- Share their names with your Medical Officer at PHC but not with others
- Inform them to Home Quarantine for next 14 days
- Tell them to monitor themselves for symptoms of COVID-19

CENTRE FOR PSYCHOSOCIAL SUPPORT IN DISASTER MANAGEMENT
NIMHANS, BENGALURU

REFERRAL IN COVID19

POSTERS/FLYERS DEVELOPED IN NIMHANS

DO'S & DON'TS

Do's	Don'ts
<ul style="list-style-type: none"> Educate yourself about the disease. <ul style="list-style-type: none"> -Get facts from trusted source such Ministry of Health and Family Welfare (MHFW), World Health Organization (WHO) & NIMHANS. Take extra precautions. <ul style="list-style-type: none"> -Wash hands frequently with alcohol-based hand rub or soap and water. -Avoid touching eyes, nose and mouth. -Practice respiratory hygiene. Keep social distancing & and stay out of public places. <ul style="list-style-type: none"> -Gathering -Meetings -Religious Worship Practice easy stress management techniques. <ul style="list-style-type: none"> -Maintain a routine -Practice easy breathing exercise -Yoga and meditation Have a balanced diet <ul style="list-style-type: none"> -Maintain a proper sleep Keep your social support networks alive <ul style="list-style-type: none"> -Use social media for conversation Spend time with your family members <ul style="list-style-type: none"> -Make an action plan for your household Engage yourself in activities <ul style="list-style-type: none"> -Reading books -Cooking -Watching comedy Provide extra care to the vulnerable groups <ul style="list-style-type: none"> -Practice spirituality if it helps you Approach mental health resources <ul style="list-style-type: none"> -Helpline Numbers -Expert help 	<ul style="list-style-type: none"> Do not be anxious. Avoid too many discussions as it may affect your mental health. Don't become obsessive about handwashing. Do not stigmatize or discriminate people. Stay away from alcohol & nicotine use. Do not neglect personal hygiene. Do not disregard the instruction given by authorities. Do not ever consume social media messages. Restrict yourself watching too many news. Don't live in a state of optimistic bias thinking that I am safe and nothing will happen to me. Do not panic: Being Panic leads to people taking wrong and ill-considered decisions. Don't hesitate to seek help immediately if someone in your home is experiencing any emergency warning signs.

FOR THE LEAD PROFESSIONAL SUPPORT IN QUALITY MANAGEMENT
NIMHANS, BANGALORE

DO'S & DON'TS IN COVID19

COPING WITH STRESS IN COVID-19

COPING WITH STRESS

- It is normal to feel sad, stressed, confused, scared or angry during Covid-19.
- Talking to people you trust can help.
- Contact your friends and family.
- Stay at home and avoid going out.
- Maintain a healthy lifestyle.
- Social contacts with loved ones.
- Don't use smoking, alcohol or other drugs to deal with your emotions.
- If you feel overwhelmed, talk to a health worker or counsellor.
- Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

REMEMBER

- Everyone reacts differently to stressful situations
- Ways to cope with stress need to be practiced to overcome such adversities
- Never delay in asking for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients.

FOR THE LEAD PROFESSIONAL SUPPORT IN QUALITY MANAGEMENT
NIMHANS, BANGALORE

COPING WITH STRESS IN COVID19

SELF CARE STRATEGIES IN COVID-19

WHY IS SELF CARE MORE IMPORTANT DURING SUCH CRISIS?

SELF CARE STRATEGIES

- To deal with stress and anxiety**
- To cope with the situation effectively**
- To maintain mental health and psychosocial wellbeing**
- To prevent health problems**
- To adapt to new challenges and circumstances**
- To enhance immunity and overall health**

THREE COMPONENTS OF SELF CARE AND MENTAL HEALTH

Keeping mind busy
Keeping hand busy
Keeping legs busy

SELF CARE STRATEGIES

- Get organized
- Prepare a daily routine
- Physical exercises
- Yoga
- Adequate sleep & sleep hygiene
- Meditation
- Balanced diet
- Medicines
- Write your feelings in a journal
- Stay in touch with your friends/family
- Learn something new
- Watch or read something uplifting
- Check out support groups and helplines
- Play or listen to music
- Engage in old hobbies
- Spend time with family if you are together
- Limit your time online and in social media
- Find a new hobby
- Find a way to help others
- Try a new recipe
- Seek support
- Put down your phone
- Remember you are not alone
- Give yourself a break from news



REMEMBER

- Self-care is vital for building resilience toward those stressors in life.
- Practice these activities regularly to maintain your self care.

FOR THE LEAD PROFESSIONAL SUPPORT IN QUALITY MANAGEMENT
NIMHANS, BANGALORE







SELF-CARE STRATEGIES IN COVID19

POSTERS/FLYERS DEVELOPED IN NIMHANS


**National Institute of Mental Health and Neuro Sciences
(Institute of National Importance)**


Taking care of Mental Health of Children during COVID-19



The outbreak of COVID-19 and its consequences can make children anxious and stressed. Take care of their mental health with these simple strategies.

<p>PROVIDE ASSURANCE WHENEVER NEEDED It is important to reassure your children. Listen to their concerns and try answering their queries related to the outbreak. Spend quality time with them and give them the attention they need. Reading them stories to put them to sleep will make them feel loved.</p> 	<p>KEEP THEM IN CONTACT WITH THEIR FRIENDS Physical distancing from friends can be a cause of distress for the children. Encourage them to talk to their friends, cousins and loved ones by calling them up or through video calls. You can also involve your children and their friends in some fun activities which they can do together by staying connected virtually.</p> 
<p>MANAGE YOUR CHILD'S ANXIETY It is normal for your child to become anxious at this time. Look out for the emotional cues in your child and talk to them regarding the same. Avoid being judgemental when they express their feelings. Do not avoid their questions related to COVID or speak to them harshly. This can increase their fear and anxiety. Instead, make them understand that things will be better if we take proper care. Remember that this is a new situation for your children and do not get irritated with them.</p> 	<p>GIVE THEM CLEAR INFORMATION It is not advisable to provide children with a lot of reports and news related to the outbreak. However it is important to give them correct information as to what is happening around the world. Give them proper facts in a way that they can understand so that they do not remain confused, as this may increase their anxiety. You can make the explanations creative through pictures and drawings.</p> 
<p>ENGAGE THEM IN INDOOR ACTIVITIES During this time, children may get easily bored. Involve them in indoor games to cut down the boredom. You can also make their learning fun by giving them puzzles to solve and teaching them crafts. Encourage them to pick up a hobby. Involve the children in some stretching exercises, yoga or dancing which they will enjoy. You can also involve them in doing simple household activities to keep them engaged.</p> 	<p>MAKE A ROUTINE OF LEARNING AT HOME At this time, schools are closed, however this should not stop the children from learning. Ensure that they have a regular habit of studying by giving them small assignments related to their lessons. Check the assignments to understand their progress.</p> 

Above all, take good care of your children's health. Ensure that they practise hand washing and cover their mouth and nose with bent elbow when they cough or sneeze. Watch out for any symptoms of COVID-19 and reach out to the doctor if necessary. Have a plan in advance in case your child falls sick. Ensure that the children eat healthy food and get good sleep and rest.







IN CASE YOU NEED ANY HELP
Please contact COVID -19 Psycho social toll free helpline at 080-46110007 or consult your doctor or a mental health professional

TAKING CARE OF MENTAL HEALTH OF CHILDREN DURING COVID19


**National Institute of Mental Health and Neuro Sciences
(Institute of National Importance)**


Taking care of Mental Health of elderly during COVID-19

During the COVID-19 outbreak, all of us should take some extra time and care for ourselves. Follow some simple strategies to improve your well-being

<p>SPEND TIME WITH FAMILY Spending quality time with family and getting involved in family discussions, while staying at home during this period will help reduce anxiety and distress. Try to connect with your family members through phone call or video call if they stay far from you.</p> 	<p>GETTING INVOLVED IN DAILY ACTIVITIES Keep doing small activities at home to reduce boredom. Keeping yourself busy in the daily activities like gardening, cleaning and cooking will help reduce anxiety. If there is no other family member to help you, identify a support system to buy groceries, medicines and other essentials.</p> 
<p>SPEND TIME ON RECREATIONAL ACTIVITIES During this stressful time, it is important that you make some time for things you like. Engage in recreational activities like solving puzzles, playing some board games like carrom board or chess, listening to music, reading etc. These will help reduce boredom.</p> 	<p>CONNECTING TO LOVED ONES During this time, you might be worried about your loved ones such as children and grandchildren, who stay away from you. Connect with them once in a while through phone calls or video call to keep the stress at bay and for any emergencies.</p> 
<p>MAKE SOME TIME FOR EXERCISE It is important to be physically active. Simple stretching exercises, simple yoga postures, walking indoors or meditation will be beneficial not only for your physical health but also mental health.</p> 	<p>CUT DOWN ON LISTENING TO NEWS With the news of the pandemic everywhere, it is difficult to filter out reliable news. Do not watch news reports all the time as it may be upsetting and misleading. Seek information from credible sources like the website of Ministry of Health and Family Welfare (mohfw.gov.in). In case of doubt, ask your loved ones.</p> 

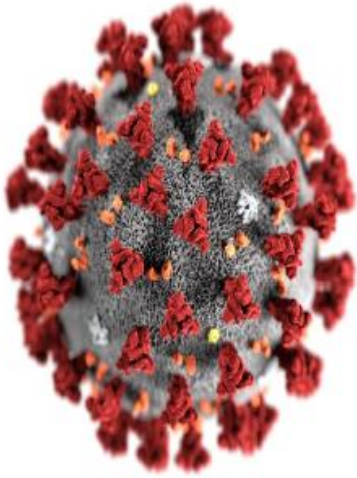
Take special care of elderly persons in your family. Remind them to practice hand washing as often as possible. Make sure to tell them to cover their mouth and nose with bent elbow, when they cough or sneeze. Watch out for any symptoms of COVID-19 and reach out for medical help, if necessary. Make sure they eat healthy food and get good sleep.

IN CASE YOU NEED ANY HELP
Please contact COVID -19 Psycho social toll free helpline at 080-46110007 or consult your doctor or a mental health professional

TAKING CARE OF MENTAL HEALTH OF ELDERLY DURING COVID19

Brochures developed in NIMHANS

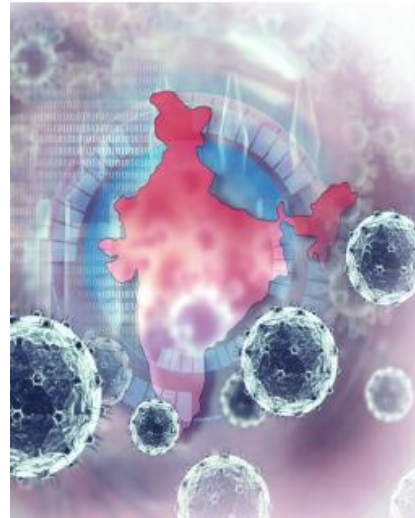
WHAT IS COVID-19 PANDEMIC



COVID-19 PANDEMIC IN ODISHA



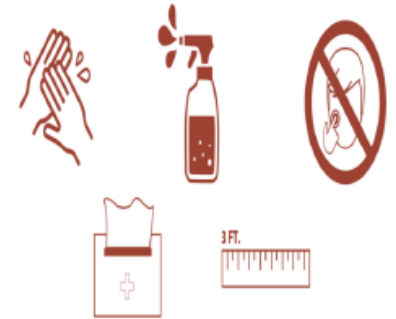
IMPACTS OF THE COVID 19 PANDEMIC



MYTH BUSTERS DURING COVID-19 PANDEMIC



BASIC PROTOCOL DURING COVID-19 PANDEMIC



Brochures developed in NIMHANS

EMOTIONAL REACTIONS DURING COVID-19 PANDEMIC



COUNSELLING DURING COVID-19 PANDEMIC



DOMESTIC VIOLENCE DURING COVID-19 PANDEMIC



FARMERS DURING COVID-19 PANDEMIC



HOMELESS DURING COVID-19 PANDEMIC



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MIGRANT WORKERS DURING COVID-19 PANDEMIC



PEOPLE WITH MENTAL ILLNESS DURING COVID-19



TRIBALS DURING COVID-19 PANDEMIC



Activity Schedule During Covid-19 Pandemic



ROLE OF CORONA WARRIORS DURING COVID-19 PANDEMIC

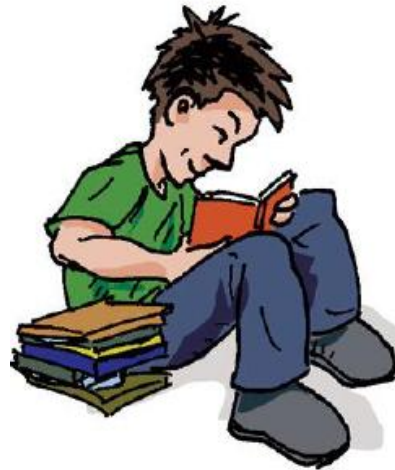


Brochures developed in NIMHANS

REFERRAL



SELF-CARE STRATEGIES DURING COVID-19 PANDEMIC



DOCUMENTATION DURING COVID-19 PANDEMIC



NIMHANS COVID-19 PSYCHOSOCIAL HELPLINE

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