

COVID-19 Mental Health Resource
24 March 2020



Common emotional and behavioral reactions



- General population
 - Anxiety and worry about uncertain future
 - Fear of contamination
 - Hypochondriacal fear regarding cough, sore throat or fever
 - Hoarding of protective equipment and survival items
 - Anger/ irritability regarding irresponsible behavior in society
 - Undue attention to unsubstantiated facts in news and social media
 - Irresistible urge to touch mouth/face



Common emotional and behavioral reactions



- Infected cases
 - Fear & avoidance of reporting due to stigma/isolation
 - Undue guilt on having indulged in behavior leading to infection
 - Guilt on being responsible for spread of infection
 - Anxiety and panic about worst possible outcomes
 - Worry about safety and well being of family members



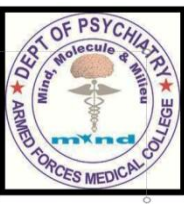
Common emotional and behavioral reactions



- Quarantined & suspected case
 - Boredom and loneliness
 - Fear about health of family members
 - Guilt of being a source of infection/possible infection
 - Guilt of not being able to perform duty/assigned role in crucial times



Common emotional and behavioral reactions



- Health care workers
 - Anxiety about magnitude of cases and ill-equipped working environment
 - Anxiety about individual role and competence/training for the same
 - Burnout due to long working hours, critically ill-patients and deaths
 - Sense of failure, frustration, poor self care, blaming, irritability, giving up etc
 - Secondary traumatic stress
 - Undue worry about something bad happening, exaggerated startle, anxiety, nightmares etc.
 - Lack of adequate caution due to altruistic zeal



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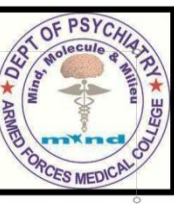
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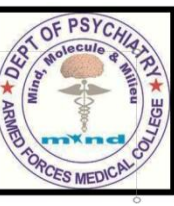
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Of Mental Well Being



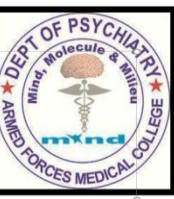
Acknowledge feelings and share





Awareness of realistic information and reliable sources



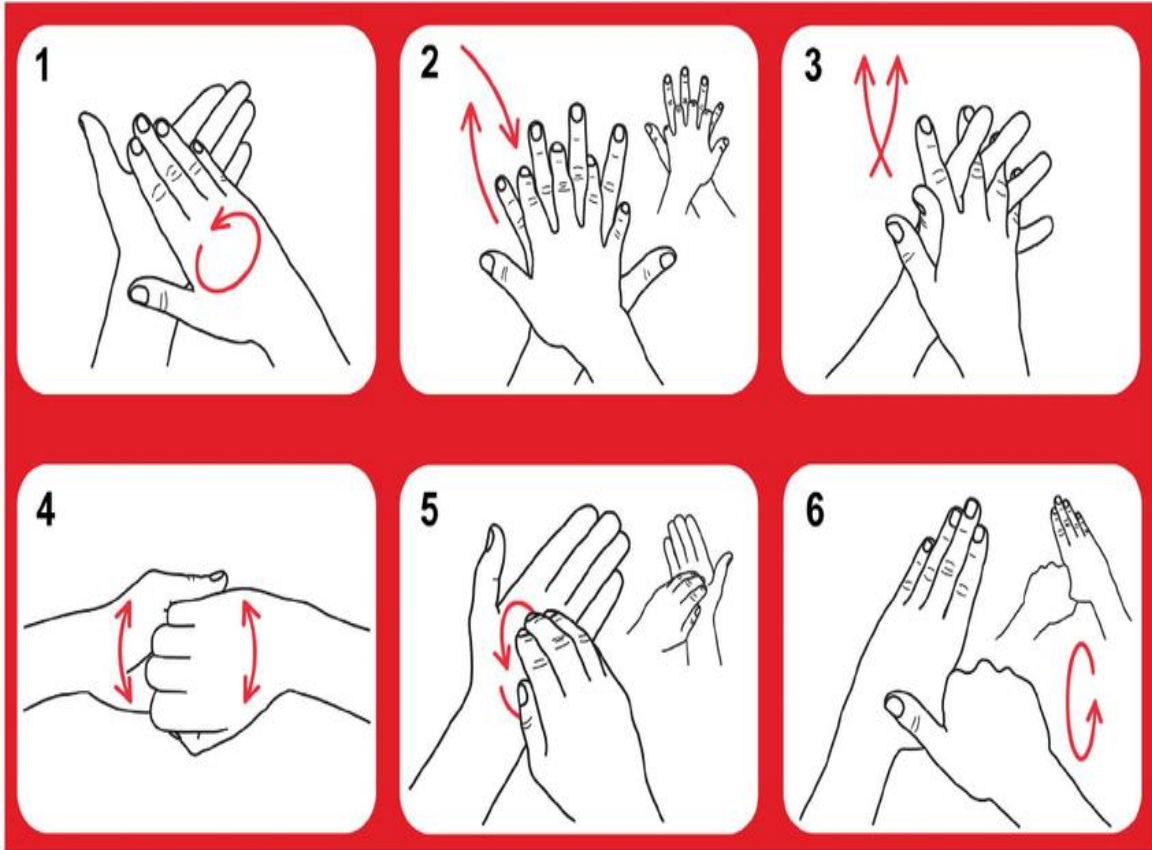
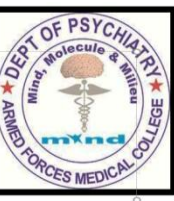


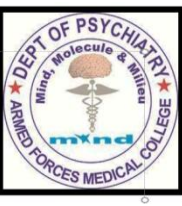
Avoid speculation and rumours





Adherence to hand hygiene and social distancing





Be physically active



**50 INDOOR ACTIVITIES
FOR KIDS**

ITSALWAYSAUTUMN.COM



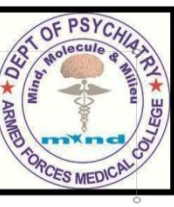


Balanced diet



Junk Food V's Healthy Food



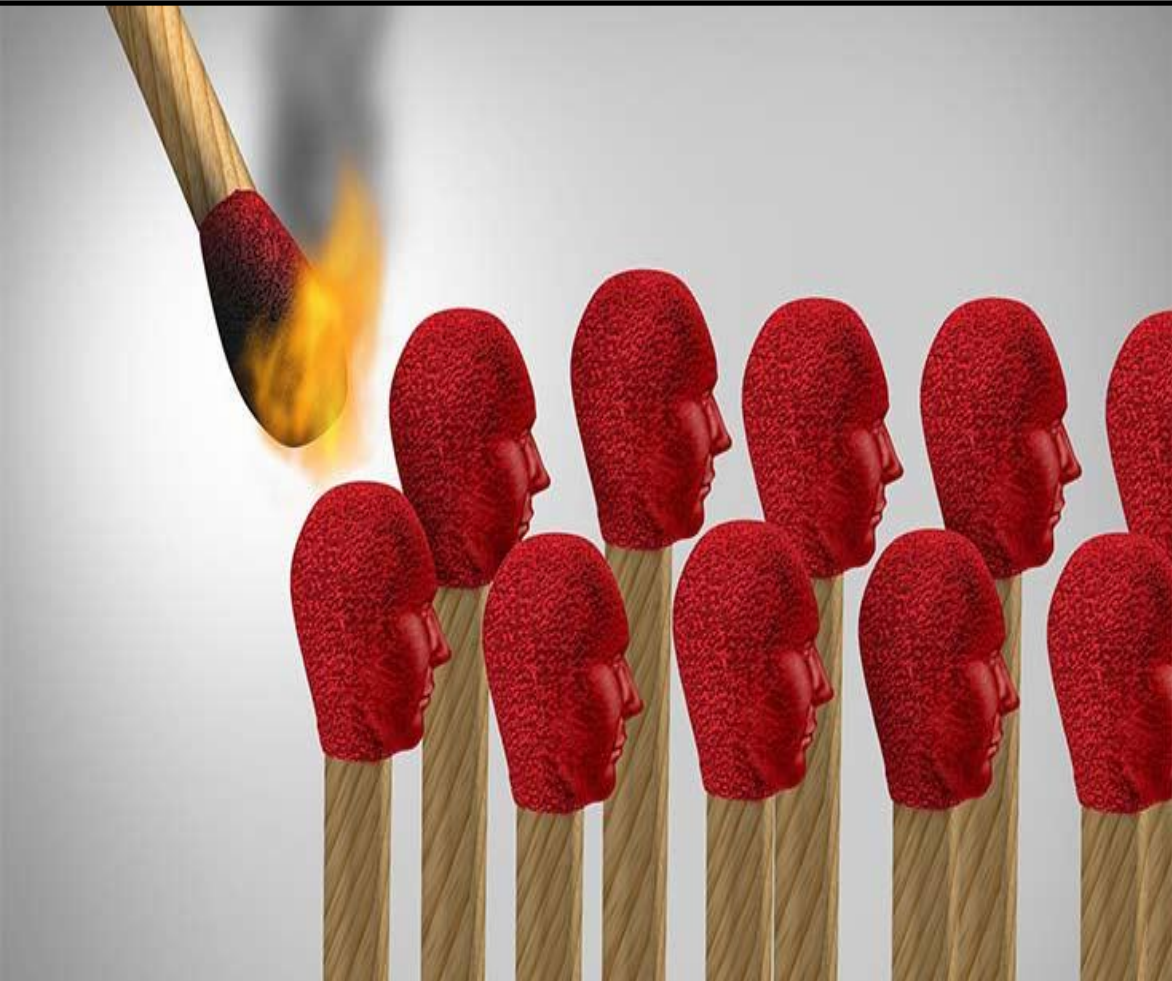
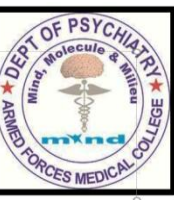


Be a role model for children and neighbors



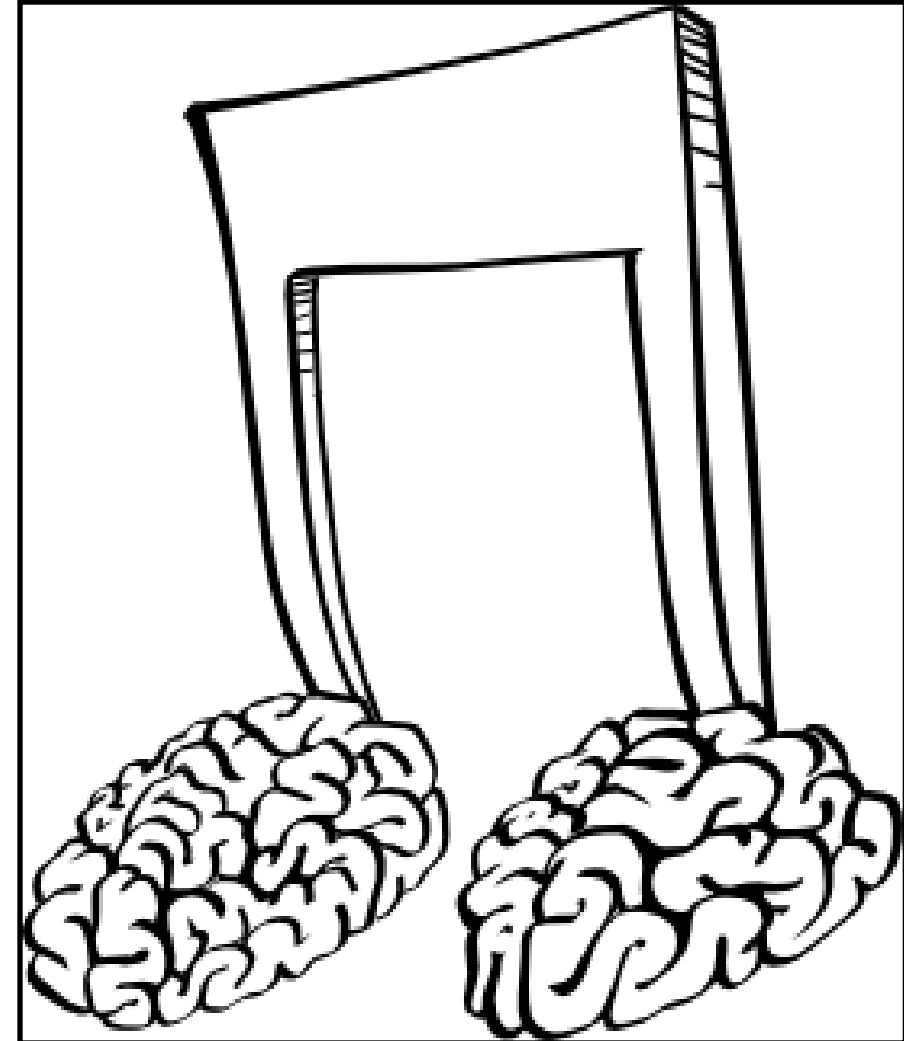


Break chain of rumours



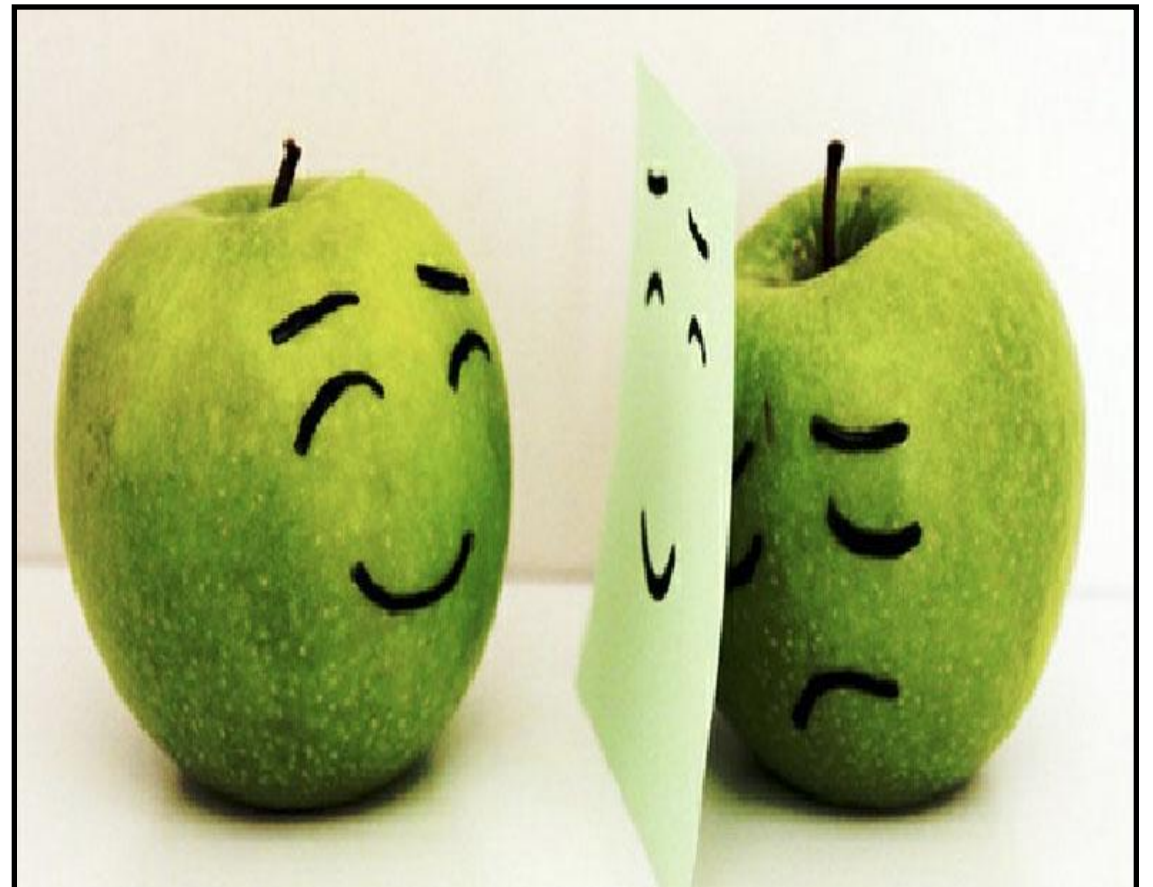
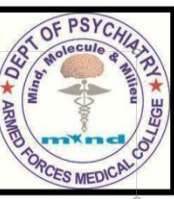


Balance work and leisure





Communicate with empathy and allow expression of feelings



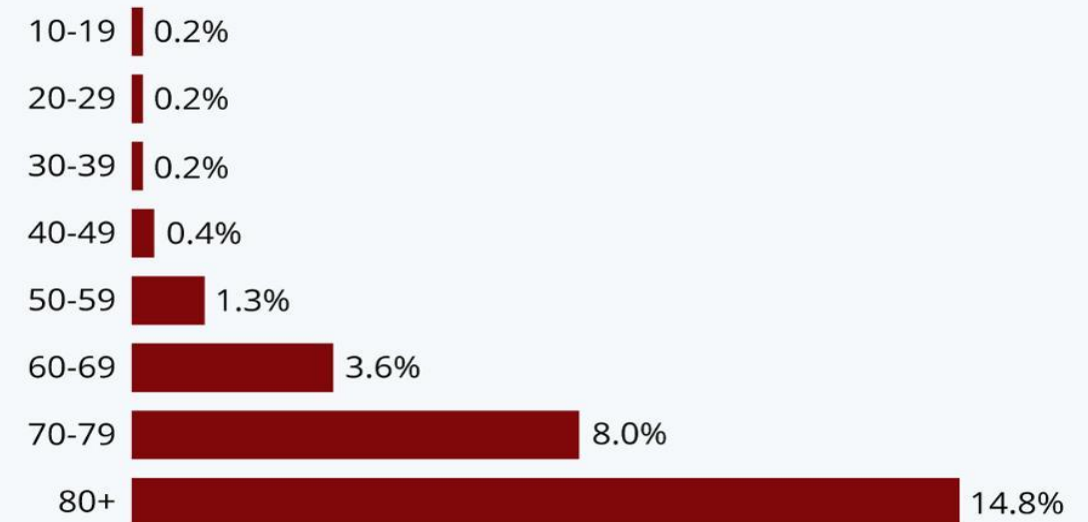


Care for elderly (more risk of infection)



Study: Elderly Most At Risk From The Coronavirus

COVID-19 fatality rate by age (as of February 11, 2020)



n=44,672 confirmed COVID-19 cases in Mainland China
Source: Chinese Centre for Disease Control and Prevention





Cultivate hobbies and routine to tide through tough times



#DrawFromADistance

a lockdown art + illustration challenge

day one

An unexpected benefit of lockdown.
What makes you happy?



day two

Quarantine Cuisine!
What's cookin?



day three

New hobby or skill you'd
like to learn



day four

Favorite book / show / movie /
game fan art!



day five

Coping mechanisms - what's
your new self care routine?





Cautious approach towards spread of infection



DIFFERENT STAGES OF COVID-19

STAGE 1

Imported Cases

These are those who have travelled to virus-hit foreign countries and have come back to India

STAGE 3

Community Transmission

Community transmission is when a patient not exposed to any infected person or one who has travelled to any of the affected countries tests positive. Large areas get affected when community transmission takes place

STAGE 2

Local Transmission

These are those cases who have come in contact with patients who have a travel history

STAGE 4

Epidemic

This is the last and the worst stage where the disease takes the shape of an epidemic with no clear endpoint like it did in China

1 Wash hands frequently



Scrub backs of hands, between fingers and under nails for at least 20 seconds with soap and water or alcohol-based hand rub to kill viruses

2 Avoid crowded places



When someone coughs or sneezes, they release small liquid droplets from their nose or mouth that may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus

3 Avoid touching eyes, nose and mouth



Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body

4 Practise respiratory hygiene



Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses

5 Wear a mask if you have respiratory symptoms



Mask isn't required to be worn by all. Only those with respiratory symptoms (coughing or sneezing) need to use it to protect others from getting the virus. If you use a mask, make sure it is disposed of properly



Chat and e-socialize for continued connect with people





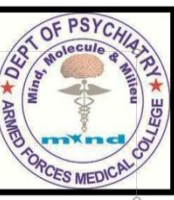
For health care workers



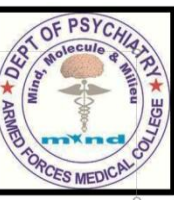
- Prepare in advance, mock training and drill
- Clarity of role
- Regular risk assessment and critical incident debriefing
- Effective buddy system to ventilate and express
- Take healthy breaks and healthy diet
- Look for signs of burn out and stress for early intervention
- Cultivate cautious calmness
- Avoid/limit use of caffeine and alcohol
- Keep an eye on each other



Health care workers: Self reminder



- **Protect yourself.**
- It is NOT SELFISH to take breaks
- Needs of survivor are not more important than your well being
- Working all the time does not mean your best contribution
- There are other people who can help



Summary

- COVID 19 Pandemic is associated with some psychosocial issues.
- Social distancing and Quarantine may pose mental health challenges.
- Health care workers have additional issues of 'burn out' and 'secondary traumatization'.
- Primary prevention and Early intervention reduces mental health morbidity.
- Practice ABC of mental well being to tide through tough times.



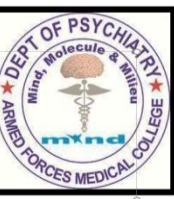
E-resources

- www.who.int. Mental health considerations during COVID19
- www.mentalhelath.org.uk Looking after your mental health during coronavirus outbreak
- www.mhanational.org Mental health & COVID 19-information & resources
- www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
- www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety
- Mental Health and Psychosocial considerations during COVID-19 Outbreak. 12 Mar 2020. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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Thank you



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