



MHPSS COVID-19 TOOLKIT

version 1.0

CORONAVIRUS DISEASE (COVID-19) PANDEMIC

INTRODUCTION

AIM

The COVID-19 pandemic is a rapidly evolving global crisis and there is much that is still emerging in terms of the psychosocial and mental health consequences for the diverse populations affected by this emergency. This toolkit is based on what is currently available and will be updated as additional resources become available. Do you have access to other resources or documentation of a promising approach? Please do contact us.

WHAT DOES THE TOOLKIT CONTAIN?

- Featured Resources
- Quarantine in COVID-19
- Risk Communication and Community Engagement in COVID-19
- Reducing Stigma in COVID-19
- Human Rights in COVID-19
- COVID-19 & Front-line Health Care Responders
- MHPSS Interventions in Health Contexts
- Addressing Gender Issues in COVID-19
- Education in COVID-19
- Persons with Disabilities in COVID-19
- Migrant, Refugee and Internally Displaced People in COVID-19

- Child Protection in COVID-19
- Support to Children in COVID-19
- Useful Infographics or Storybooks in COVID-19
- COVID-19 & Advice for the General Public in the form of Graphic Posters

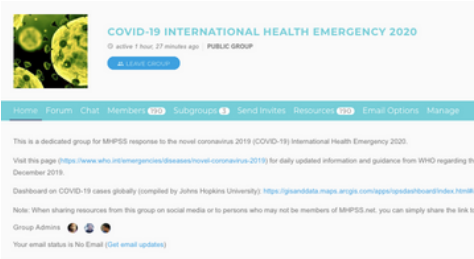
YOUR FEEDBACK IS ESSENTIAL

To provide feedback, submit additional resources or request information, please email **Marcio Gagliato (marcio@mhps.net)**

You can also access the [MHPSS.net Tool Kit for COVID-19 Response Version 1.0 on our website.](#)

FEATURED RESOURCES

- Join the [**MHPSS.net dedicated group for the COVID-19 response**](#)



- [**IASC Interim Briefing Note – Addressing MHPSS aspects of COVID-19 | Version 1.5 \(17 March 2020\)**](#)



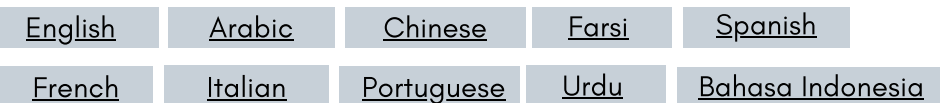
- [**Remote Psychological First Aid during the COVID-19 outbreak**](#)

Author: IFRC (23 March 2020)



- [**The Sphere standards and the Coronavirus response**](#)

Author: The Sphere (February 2020)



- [**Mental Health Considerations during COVID-19 Outbreak**](#) Author: WHO (6 March 2020)

- [**MHPSS.net’s Emergency Toolkit**](#) with Key Global Resources (Not specific to COVID-19) on Mental Health & Psychosocial Support for Humanitarian Emergencies.

FOR THE LATEST UPDATES ON THE **OVERALL COVID-19 PANDEMIC SITUATION SEE:**

- [World Health Organization](#)
- [Global Situation Dashboard](#)
(Johns Hopkins University)



INTER-AGENCY STANDING COMMITTEE (IASC) RESOURCES FOR COVID-19

- **IASC Interim Briefing Note – Addressing MHPSS aspects of COVID-19 |**
Version 1.5 (17 March 2020)

[English](#) | [Japanese](#) | [Portuguese](#) | [Italian](#) | [Turkish](#) | [Spanish](#) | [French](#)

[Simplified Chinese](#) | [Traditional Chinese](#) | [Arabic](#) | [Russian](#)

- **[Orientation slides on IASC Interim Guidance Note on MHPSS Aspects of Covid-19](#)** | Author: IASC

- **[Information note on how to include MHPSS in Humanitarian Response Plans and Country Plans](#)** | Author: IASC

- **[My Hero is You: how kids can fight COVID-19](#)**

Author: IASC

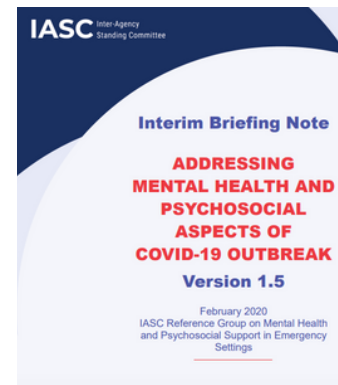
- **[IASC Interim Guidance on COVID-19: Focus on Persons Deprived of Their Liberty \(developed by OHCHR and WHO\)](#)**. Author: IASC (27 March 2020)

- **[Interim Technical Note: Protection from Sexual Exploitation and Abuse \(PSEA\) during COVID-19 Response – Version 1.0.](#)**

Author: IASC (31 March 2020)

- **[Interim Guidance: Gender Alert for COVID-19 Outbreak \(developed by the IASC Reference Group for Gender in Humanitarian Action\)](#)**.

Author: IASC (31 March 2020)



Mental health and psychosocial aspects of the COVID-19 pandemic



version 1.5

Quarantine in COVID-19

- [Psychological support during disease outbreak – People who are being quarantined \(English\)](#)
- [The psychological impact of quarantine and how to reduce it: rapid review of the evidence.](#)
- [Psychological Effects of Quarantine During the Coronavirus Outbreak](#)
- [Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
- [Mitigate the effects of home confinement on children during the COVID-19 outbreak](#) |Author: Wang et al (02 March 2020)

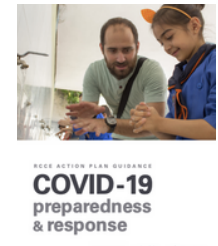
Resources from Previous Outbreaks:

- [Social Consequences of Ebola Containment Measures in Liberia](#)
- [SARS control and psychological effects of quarantine, Toronto, Canada](#)
- [Mental health status of people isolated due to Middle East respiratory syndrome](#)
- [Depression after exposure to stressful events - lessons learned from the severe acute respiratory syndrome epidemic](#)

- [Is quarantine related to immediate negative psychological consequences during the 2009 H1N1 epidemic](#)
- [The factors affecting household transmission dynamics and community compliance with Ebola control measures](#)
- [The psychological effects of quarantining a city](#)
- [Understanding, compliance and psychological impact of the SARS quarantine experience](#)

Risk Communication and Community Engagement in COVID-19

- **How to include marginalised and vulnerable people in risk communication and community engagement.** Author: Risk Communication and Community Engagement Working Group on COVID-19 Preparedness and Response in Asia and the Pacific (15 March 2020)
- **COVID-19 Risk Communication & Community Engagement Action Plan Guidance - preparedness & response.** Author: IFRC, WHO & UNICEF (16 March 2020)
- **COVID 19: Perception of Host and Rohingya community** Author: Humanitarian Feedback Bulletin on Rohingya Response (20 March 2020).
- **Coronavirus disease (COVID-19) focus group discussion guide for communities.** Author: UNICEF (05 March 2020)
- **Coronavirus disease (COVID-19): Key tips and discussion points for community workers and volunteers.** Author: WHO, UNICEF, IFRC (20 February 2020)
- **Minimum quality standards and indicators in community engagement.** Author: UNICEF (March 2020)
- **Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission.** Author: Centers for Disease Control and Prevention (12 March 2020)
- **Covid-19 - Guidance and advice for older people.** Author: HelpAge
- **Age, Gender and Diversity Considerations - COVID-19.** Author: UNHCR (March 21 2020)
- **Interim COVID-19 Guidance for Homeless Shelters.** Author: NYC Health (March 2020)
- **Interim COVID-19 Guidance for Homeless Service Providers.** Author: CDC (March 2020)
- **Infectious Disease Toolkit for Continuums of Care.** Author: The U.S. Department of Housing and Urban Development (March 2020)
- **Interim Guidance for Administrators and Leaders of Community- and Faith-Based Organizations to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19).** Author: Centers for Disease Control and Prevention (21 March 2020)
- **Interim Considerations for Infection Prevention and Control of Coronavirus Disease 2019 (COVID-19) in Inpatient Obstetric Healthcare Settings.** Author: Centers for Disease Control and Prevention (10 March 2020)
- **Using Behavioral Science to Help Fight the Coronavirus.** Author: Lunn et al (March 2020)



Reducing Stigma in COVID-19

- [Knowing and Sharing facts – Q&A on Coronaviruses](#)

Author: WHO (09 March 2020)

- [Quick guide to avoiding coronavirus-related stigma](#)

Author: UNICEF (20 March 2020)

- [Social Stigma associated with COVID-19](#)

Author: UNICEF, WHO, IRC (24 February 2020)

- [The pandemic of social media panic travels faster than the COVID-19 outbreak.](#)

Author: Depoux et al. (04 March 2020)

Resources from Previous Outbreaks:

- [The H1N1 pandemic: Media frames, stigmatization and coping](#)

Author: McCauley et al (3 December 2013)

- [The experience of SARS-related stigma at Amoy Gardens](#)

Author: Lee S et al. (23 May 2005)

- [Fear and Stigma - The Epidemic within the SARS Outbreak](#)

Author: Person et al. (February 2004)

- [Ebola and healthcare worker stigma](#)

Author: Misse Wester and Johan Giesecke (23 January 2018)

Human Rights in COVID-19

- [IASC Interim Guidance on COVID-19: Focus on Persons Deprived of Their Liberty \(developed by OHCHR and WHO\)](#)

Author: IASC (27 March 2020)

- [Rights, roles and responsibilities of health workers during COVID-19](#)

Author:WHO (03 March 2020)

- [Structural violence in the era of a new pandemic: the case of the Gaza Strip](#)

Author: Mills et al. (27 March 2020)

- [ICRC Paper: COVID-19: Inclusive Programming – Ensuring Assistance and Protection Addresses the Needs of Marginalized and At-Risk People](#)

Author: ICRC (26 March 2020)

- [Key Protection Concerns – Ethiopia](#)

- [Human Rights and Protection Considerations COVID-19 – South Sudan](#)

- [Localised response to COVID-19 global pandemic](#)

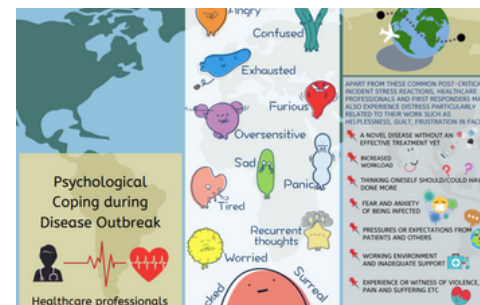
Author: Alliance for Empowering Partnership (23 March 2020)

Front-line Healthcare Responders in COVID-19

- [Mental Health and Psychosocial Considerations – Key actions for National Societies on Caring for Volunteers in COVID-19](#). Author: IFRC PSS Center (01 April 2020)
- [Psychological Coping during Disease Outbreak Healthcare professionals and first responders \(English\)](#)
Author: Hong Kong Red Cross (February 2020)
- [ICRC – Guidance note for ICRC Staff Health on Psychological Support](#)
Author: ICRC (March 2020)
- [Mental health care for medical staff in China during the COVID-19 outbreak](#)
Author: Chen Q. et al. (18 February 2020)
- [The mental health of medical workers in Wuhan, China dealing with the 2019 novel coronavirus](#)
Author: Kang et al. (05 February 2020)
- [MHPSS for Staff, Volunteers and Communities in an Outbreak of Novel Coronavirus](#)
Author: Psychosocial Centre –IFRC (06 February 2020)
- [Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019](#)
Author: Lai et al. (March 23 2020)

Resources from Previous Outbreaks:

- [Survey of stress reactions among health care workers involved with the SARS outbreak](#)
Author: Bai et al. (September 2004)
- [The Psychological Impact of the SARS Epidemic on Hospital Employees in China – Exposure, Risk Perception, and Altruistic Acceptance of Risk](#)
Author: Wu et al. (May 2009)
- [The relevance of psychosocial variables and working conditions in predicting nurses' coping strategies during the SARS crisis](#)
Author: Marjanovic et al. (28 February 2006)



Psychosocial Centre
International Federation
of Red Cross and Red Crescent Societies

Mental Health and
Psychosocial Support for
Staff, Volunteers and
Communities
in an Outbreak of Novel
Coronavirus

MHPSS Interventions in Health Contexts

- **Remote Psychological First Aid during the COVID-19 outbreak**
Author: IFRC (23 March 2020)
[English](#) [Portuguese](#) [German](#) [Italian](#)
- **Training Mental Health Professionals for telephone support**
Author: Nancy Baron (28 March 2020)
- **Online mental health services in China during the COVID-19 outbreak** Author: Liu et al (February 18 2020)
- **How to tell children that someone has died**
Author: Dalton et al. (March 2020)
- **Contacting Relatives by Phone to Communicate Death of a Patient.**
Author: Dalton et al. (March 2020)
- **Psychological interventions for people affected by the COVID-19 epidemic**
Author: Li Duan & Gang Zhu (18 February 2020)
- **The Risk and Prevention of Novel Coronavirus Pneumonia Infections Among Inpatients in Psychiatric Hospitals**
Authors: Zhu et al. (March 25 2020)
- **Interim Considerations for State Psychiatric Hospitals**
Author: SAMHSA
- **Opioid Treatment Program (OTP) Guidance for Patients Quarantined at Home with the Coronavirus** Author: SAMHSA

Resources from Previous Outbreaks:

- **Psychosocial support during an outbreak of Ebola virus disease**
Author: IFRC (12 July 2018)
- **Psychosocial support in Ebola Lessons learned**
Author: IFRC (July 2016)
- **Post-traumatic Stress Disorder in Parents and Youth After Health-Related Disasters** | Author: Ginny Sprang and Miriam Silman (10 September 2012)
- **Playing to live: outcome evaluation of a community-based psychosocial expressive arts program for children during the Liberian Ebola epidemic**
Author: A Decosimo et al. (26 March 2019)



Psychosocial support in Ebola
Lessons learned
July 2016

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Psychosocial support during an outbreak of Ebola virus disease



Addressing Gender Issues in COVID-19

- **Interim Technical Note: Protection from Sexual Exploitation and Abuse (PSEA) during COVID-19 Response – Version 1.0.**
Author: IASC (31 March 2020)
- **Interim Guidance: Gender Alert for COVID-19 Outbreak (developed by the IASC Reference Group for Gender in Humanitarian Action)**
Author: IASC (31 March 2020)
- **Gender Implications of COVID-19 outbreaks in development and humanitarian settings**
Author: Care International (16 March 2020)
- **COVID-19 resources to address gender-based violence risks.**
Author: IASC
- **Guidance Note on GBV Service Provision during the time of COVID-19 – Mozambique** | Author: GBV AoR (March 23 2020)
- **Sex, gender and COVID-19: Disaggregated data and health disparities.**
Author: BMJ Global Health (24 March 2020)

Education in COVID-19

- **Supporting schools & colleges.** Author: Anna Freud National Center
 - **COVID-19 and Education in Emergencies**
Author: Education Cannot Wait (29 March 2020)
 - **A Framework to Guide an Education Response to the COVID-19 Pandemic of 2020** | Author: Harvard Graduate School of Education (March 31 2020)
 - **COVID-19 : 10 Recommendations to plan distance learning solutions**
Author: UNESCO (6 March 2020)
 - **How teachers can talk to children about coronavirus disease (COVID-19).** Author: UNICEF (13 March 2020)
 - **Advice to Schools, Parents and Carers to Help Children through the Uncertainty of School Closures** Author: BPS (19 March 2020)
 - **Interim Guidance for COVID-19 Prevention and Control in Schools**
ENGLISH | ARABIC | FRENCH | SPANISH
Author: UNICEF, WHO, IFRC (March 2020)
 - **Covid-19 and Education: Initial Insights for Preparedness, Planning and Response** Author: USAID (March 11 2020)
 - **COVID-19 and Education in Emergencies.** Author: Education Cannot Wait (29 March 2020)
 - **A Framework to Guide an Education Response to the COVID-19 Pandemic of 2020.** Author: Harvard Graduate School of Education (March 31 2020)
- Resources from Previous Outbreaks:***
- **Safe School environments during the EVD outbreak.**
Author: UNICEF

Persons with Disabilities in COVID-19

Migrant, Refugee & Internally Displaced People in COVID-19

- **[Toward a Disability-Inclusive COVID19 Response: 10 recommendations from the International Disability Alliance](#)**

Author: International Disability Alliance (March 19 2020)

- **[Preparing for and Responding to Pandemic Influenza: Implications for People With Disabilities](#)**

Author: Campbell et al. (October 2009)

- **[COVID-19 response - Considerations for Children & Adults with Disabilities](#)**

Author: UNICEF (19 March 2020)

- **[COVID-19 and persons with psychosocial disabilities](#)**

Author: PAN African Network (26 March 2020)

- **[COVID-19 & Interim Guidance: Scaling-up COVID-19 outbreak readiness and response operations in humanitarian situations including camps and camp-like settings](#)**

Author: IFRC, IOM, UNHCR and WHO (17 March 2020)

- **[COVID-19 and the Displaced: Addressing the Threat of the Novel Coronavirus in Humanitarian Emergencies](#)**

Author: Refugees International (31 March 2020)

- **[The COVID-19 Crisis: Key Protection Messages](#)**

Author: UNHCR (01 April 2020)

- **[Quick Tips on COVID-19 and Migrant, Refugee and Internally Displaced Children \(Children on the Move\)](#)**

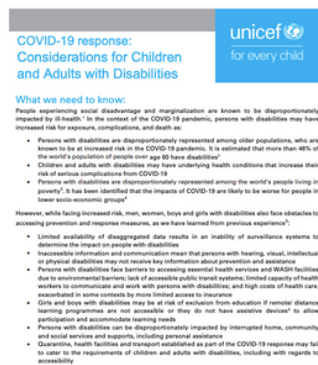
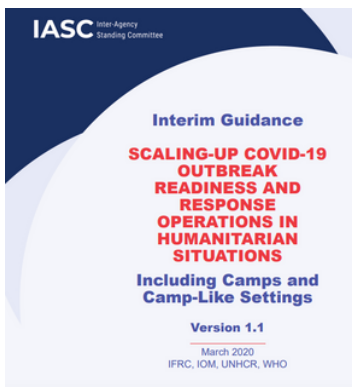
Author: UNICEF (12 March 2020)

- **[COVID-19 Camp Management Operational Guidance](#)**

Author: UN OCHA (19 March 2020)

- **[Interim Guidance: Supporting the Continuity of Health and Nutrition Services in the context of a COVID-19 in Refugee Settings.](#)**

Author: UNHCR (2 April 2020)



- **Technical Note: Protection of Children during the Coronavirus Pandemic (v.1)**

[English](#) | [French](#) | [Spanish](#) | [Arabic](#) | [Farsi](#) | [Chinese](#) | [Korean](#)
[Italian](#) | [Turkish](#) | [Bosnian](#)

Author: Alliance for Child Protection in Humanitarian Action (March 2019)

- **Child Protection Case Management Guidance during Covid-19 - Lebanon**

Author: Sara Mabger (26 March 2020)

- **Case Management Guidance for Disease Outbreak - Iraq**

Author: Bashir Murrad (26 March 2020)

- **Child Protection Emergency Preparedness and Response**

Guidance Author: UNICEF East Asia & Pacific Region (11 March 2020)

Resources from Previous Outbreaks:

- **Care and Protection of Children in the West African Ebola Virus Disease Epidemic**

Author: UNICEF (October 2016)

- **Ensuring children continue to learn even in the Ebola Crisis**

Author: UNICEF WCARO (03 September 2014)

- **Operating Safe and Protective Learning Environment in EVD outbreak contexts** Author: UNICEF (26 March 2020)

- **Protection of Children during Infectious Disease Outbreaks.**

Author: The Alliance for CP in Humanitarian Action

- **My Hero is You, Storybook for Children on COVID-19**

Author: IASC (31 March 2020)

- **Importance of talking to children about Coronavirus by BPS**

Author: British Psychological Society (16 March 2020)

- **Talking to Children About Coronavirus**

Author: The American Academy of Child and Adolescent Psychiatry (2020)

- **What can we say to children about Coronavirus (COVID-19)?**

Authors: Dyregrov & Raundalen (March 2020)

- **'We are not alone': Extraordinary program to take care of children and adolescents during the Coronavirus emergency**

Author: Save the Children (06 March 2020)

- **Parenting in a time of COVID-19 - Lancet**

Author: Cluver et al (25 March 2020)

- **The self-care approaches of children and young people**

Author: Anna Freud National Centre (July 2019)

Useful Infographics or Storybooks in COVID-19

COVID-19 & Advice for the General Public in the form of Graphic Posters

- [Coping with Stress](#)

Author: WHO (12 March 2020)

- [Helping Children cope with stress](#)

Author: WHO (12 March 2020)

- [Self-Care Infographic](#)

Author: Anna Freud Centre

- [Children's story about coronavirus](#)

Author: Elsa Support (20 March 2020)

- [Child Friendly Explanation of Coronavirus](#)

Author: Mindheart

- [My Story About Pandemics and the Coronavirus](#)

Author: Carol Grey (March 2020)

- [What is the Covid19 virus](#)

Author: Social Story

- [Psychological Coping During Disease Outbreak – English](#)

Author: Hong Kong Red Cross

- ["The Flying Scientist"](#)

Author: Federico Dalla Rosa

- [Resources to help Families during COVID-19](#)

Author: Fred Rogers Productions

- [My Hero is You](#)

Author: IASC



- [COVID-19 information and resources](#)

Author: National Alliance on Mental Health

- [Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak](#)

Author: BACP (28 February 2020)

- [How to talk to your child about coronavirus disease 2019](#)

Author: UNICEF (10 March 2020)

- [Talking to Children about Covid-19: A Parent Resource \(ENGLISH\)](#)
Available in 7 languages

Author: NASN, USA (29 February 2020)

- [Crisis Emergency Risk Communication in an Infectious Disease Outbreak](#). Author: CDC, USA



- Be First:** Quickly sharing information about a disease outbreak can help stop the spread of disease, and prevent and reduce illness and death. People often remember the first information they hear in an emergency, so the first information they receive should come from health experts.
 - Even if the cause of the outbreak is specific, disease is unknown, when facts that are available. This can help you stay ahead of possible rumors.
 - Share information about the signs and symptoms of disease, who is at risk, treatment and care options, and when to seek medical care.
- Be Right:** Accuracy establishes credibility. Information should include what is known, what is not known, and what is being done to fix the information gaps.
 - Public health messages and medical guidance must complement each other. For example, public health officials should not actively encourage people to go to the doctor if doctors are turning people away and running out of medicine for critical ill people.
 - Always fact check with subject-matter experts. One incorrect message can cause harmful behaviors and may result in people losing trust in health messages.
- Be Credible:** Honesty, timeliness, and scientific evidence encourage the public to trust your...
 - Acknowledge different cultural beliefs and practices about disease, and work with communities to adapt behaviors and promote...
- Express Empathy:** Disease outbreaks can cause fear and other difficult feelings. Lower stress and anxiety. Acknowledging what people are feeling and their concerns shows that you are considering their perspectives when you give recommendations.
 - For example, during a press conference on the 2018 flu season, the CDC Acting Director said, "I know many of you are concerned about this flu season and have seen the heart-breaking stories of those who have not had one."
- Promote Action:** In an infectious disease outbreak, public understanding of and action on disease prevention is key to stopping the spread.
 - Keep action messages simple, short, and easy to remember. Use "cover your cough."
 - Promote clear messages in different ways to make sure they reach those with disabilities, limited English proficiency, and varying access to information.
- Show Respect:** Respectful communication is particularly important when people feel vulnerable. Respectful communication promotes cooperation and support. Actions taken by the health and industries brought up by local communities and local leadership.
 - Acknowledge different cultural beliefs and practices about disease, and work with communities to adapt behaviors and promote...

The Mental Health & Psychosocial Support Network (MHPSS.net) is a global platform for connecting people, networks and organizations, for sharing resources and for building knowledge related to mental health and psychosocial support both in emergency settings and in situations of adversity.

MHPSS.net is a hosted online platform that enables members to share resources, join groups and interact with others, based on their work and interests. The platform also plays a role in mobilizing capacities, resources and supporting coordination around MHPSS response during emergencies such as the COVID-19 outbreak.

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