

COVID-19 TOOLBOX

MEDBOX.ORG

Issue Brief

The MEDBOX team publishes issue briefs on different topics around COVID-19. We would be pleased to receive feedback on this issue brief or topics you would like to see covered in future issues. Registered MEDBOX users can see the latest documents in the 'My News' section by selecting their personal preferences under 'My Profile'.

Mental Health & COVID-19

SARS-CoV-2 keeps the world in suspense. The consequences of the current pandemic go beyond the clinical features of COVID-19. Fear and anxiety about the new disease, as well as changes of everyday life, including social isolation, restriction of movement, job insecurity, may be stressful for adults and children alike. In addition, mental health conditions may worsen through this increase in stress and/or lack of access to therapy.

Maintaining good Mental Health is therefore a prerequisite for public health. Special considerations need to be paid to vulnerable groups, such as children or people with mental health preconditions, and certain settings, such humanitarian emergencies. Digital solutions may be a handy support for carers and patients.

Useful resources in MEDBOX

General

Mental Health and Psychosocial Considerations During COVID-19 Outbreak *World Health Organization*

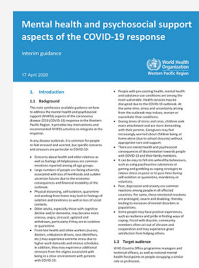
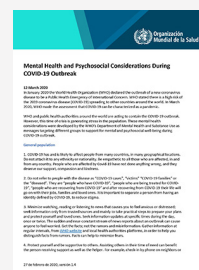
The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak. Available in Arabic, English, French, Russian and Spanish

<https://www.medbox.org/document/mental-health-and-psychosocial-considerations-during-covid-19-outbreak>

Mental health and psychosocial support aspects of the COVID-19 response *World Health Organization, Western Pacific Region*

Adversity is an established risk factor for mental health problems, thus the impact of COVID-19 on mental health is expected to be large, diverse and far reaching. Mental health and psychosocial support (MHPSS) are essential components of a public health response to COVID-19, this guidance note provides 10 activities that may be integrated in national COVID-19 response and mitigation plans.

<https://www.medbox.org/document/mental-health-and-psychosocial-support-aspects-of-the-covid-19-response>



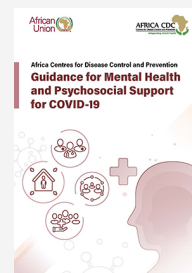
Mental Health & Psychosocial support (MHPSS)

Guidance for mental health and psychosocial support for COVID-19

Africa CDC Centers for Disease Control and Prevention

This document provides guidance to African Union Member States on key mental health and psychosocial support (MHPSS) considerations in relation to the coronavirus disease 2019 (COVID-19) pandemic. It contains useful guidance on MHPSS for the community, healthcare workers, caregivers of vulnerable populations and people in quarantine, isolation or treatment centers(1) (2). This guidance aims to provide practical steps to reduce stress, anxiety, stigma and psychological disorders associated with COVID-19 and improve overall mental health and well being. This guidance can be used for planning purposes by policy makers and Ministries of health and institutions coordinating emergency response to COVID-19 response by Member States. It can also be disseminated to stakeholders. Available in English, French, Portuguese and Arabic

<https://www.medbox.org/document/guidance-for-mental-health-and-psychosocial-support-for-covid-19>

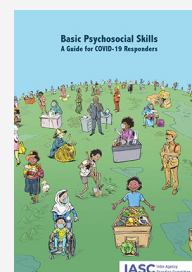


Basic Psychosocial Skills A Guide for COVID-19 Responders

Inter Agency Standing Committee

Basic psychosocial support skills are at the core of any Mental Health and Psychosocial Support (MHPSS) intervention. Such skills are also indispensable for many others involved in the COVID-19 response, whether they identify as an MHPSS provider or not. Thus, this guide is meant for all COVID-19 responders. It is available in different languages: English, French, Spanish, Arabic, Amharic, Greek, Chinese, Bahasa Indonesia, Russian

<https://www.medbox.org/document/basic-psychosocial-skills-a-guide-for-covid-19-responders>

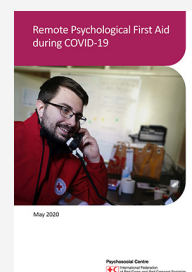


Remote Psychological First Aid during COVID-19 – May 2020

IFRC Reference Centre for Psychosocial Support

Psychological first aid (PFA) is a method of helping people in distress so they feel calm and supported to cope better with their challenges. It is a way of assisting someone to manage their situation and make informed decisions. The basis of psychological first aid is caring about the person in distress and showing empathy. It involves paying attention to reactions, active listening and, if needed, practical assistance, such as problem solving, help to access basic needs or referring to further options for assistance. PFA helps normalize worry and other emotions, PFA also promotes healthy coping and provides feelings of safety, calming, and hope. These guidelines can be used by Red Cross Red Crescent National Societies to set up and run different kind of remote services for the public during the time of a COVID-19 response.

<https://www.medbox.org/document/remote-psychological-first-aid-during-covid-19-may-2020>



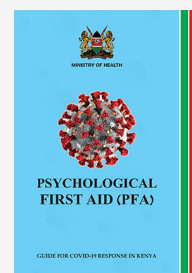
Psychological First Aid (PFA)

Ministry of Health, Kenya

Like any other pandemic, The Covid-19 outbreak will likely have a significant impact on the wellbeing of those affected, their family, community members and the health workers treating with COVID-19.

This guide focuses on psychological first aid, which involves humane, supportive and practical help to fellow human beings suffering crisis events. It is written for people who can help others experiencing an extremely distressing event.

<https://www.medbox.org/document/psychological-first-aid-pfa>

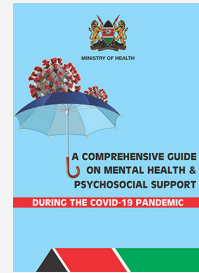


A comprehensive guide on mental health & psychosocial support during the COVID-19 pandemic

Ministry of Health, Kenya

The prevention and control of COVID-19 pandemic entails effecting changes in behavioural patterns thus mental health and psychosocial wellbeing requires special consideration. These guidelines cover 5 unique considerations for mental health; the needs of the population, people on treatment for COVID -19, those in quarantine and isolation, people with mental health conditions requiring continuing care in these settings, and health workers. Considerable information has been extracted from various related international documents.

<https://www.medbox.org/document/a-comprehensive-guide-on-mental-health-psycho-social-support-during-the-covid-19-pandemic>



Mental Health and Children

Coronavirus (COVID-19) parenting tips
World Health Organization; UNICEF; et al.

Expert tips to help you deal with COVID-19 parenting challenges. The coronavirus disease (COVID-19) pandemic has upended family life around the world. School closures, working remote, physical distancing — it's a lot to navigate for anyone, but especially for parents. We teamed up with the Parenting for Lifelong Health initiative to bring parents and caregivers a set of handy tips to help manage this new (temporary) normal. You can download different posters in English, French, Spanish and Arabic

<https://www.medbox.org/document/coronavirus-covid-19-parenting-tips>



Helping children cope with stress during the 2019-nCoV outbreak
World Health Organization

Infographic. Available in English, French, Spanish, Russian and Arabic

<https://www.medbox.org/document/helping-children-cope-with-stress-during-the-2019-ncov-outbreak>



Hi! My name is Coronavirus
Molina M.

#COVIBOOK-Supporting and reassuring children around the world This short book is created to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy. My recommendation is to print this material so children can draw on it. Remember that emotions are processed through repetitive play and stories read multiple times. Share COVIBOOK and help ease kiddo's anxiety all over the world.

<https://www.medbox.org/document/hi-my-name-is-coronavirus>

Available in different languages here: <https://www.medbox.org/document/covibook>



My hero is you! How kids can fight COVID-19.

Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG)

This story book explains how children can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality. The book is aimed primarily at children aged 6-11 years old. This book was shared through storytelling to children in several countries affected by COVID-19. Feedback from children, parents and caregivers was then used to review and update the story. Over 1,700 children, parents, caregivers and teachers from around the world took the time to shared how they were coping with the COVID-19 pandemic.

<https://www.medbox.org/document/my-hero-is-you-how-kids-can-fight-covid-19>

Available in different languages: <https://www.medbox.org/document/my-hero-is-you-storybook-for-children-on-covid-19>



Humanitarian settings

IASC Guidance: Operational considerations for Multisectoral Mental Health and Psychosocial Support Programmes during the COVID-19 Pandemic

Inter-Agency Standing Committee IASC; et al.

This document has proven to be very useful in the response and has till now been translated in 24 languages. It covers a set of recommended activities as well as messages for different target groups. The current document is an annex to the Interim Briefing Note and is meant to support the MHPSS operational response within the various sectors of humanitarian work. Approaches and interventions to MHPSS are not confined to one sector, but need to be integrated within many existing sectors and clusters. This document contains a wealth of operational information and practical approaches that can be used for humanitarian programming in health, SGBV, community-based protection, nutrition, camp management and camp coordination.

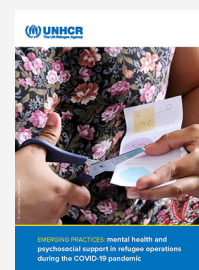
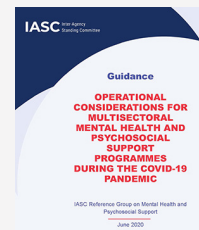
<https://www.medbox.org/document/iasc-guidance-operational-considerations-for-multisectoral-mental-health-and-psychosocial-support-programmes-during-the-covid-19-pandemic>

Emerging Practices: Mental health and psychosocial support in refugee operations during the COVID-19 pandemic

UN High Commissioner for Refugees UNHCR

This document presents a brief overview of how UNHCR adapts its activities for mental health and psychosocial support (MHPSS) to the changing context of the pandemic. Staff of UNHCR and partners, in country offices in all regions of the world, have developed innovative field practices to continue providing essential MHPSS services to refugees. The examples in this document are testimony to the commitment and creativity of our staff and can serve as inspiration and encouragement for others to continue integrating MHPSS in the humanitarian work during and after the COVID-19 pandemic.

<https://www.medbox.org/document/emerging-practices-mental-health-and-psychosocial-support-in-refugee-operations-during-the-covid-19-pandemic>



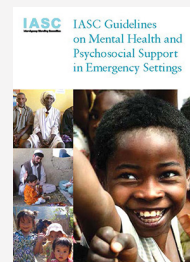
IASC Guidelines on Mental and Psychological Support in Health Emergency Settings

Inter-Agency Standing Committee IASC

Specific action sheets offer useful guidance on mental health and psychosocial support, and cover the following areas: Coordination, Assessment, Monitoring and Evaluation, Protection and Human Rights Standards, Human Resources, Community Mobilisation and Support, Health Services, Education, Dissemination of Information, Food Security and Nutrition, Shelter and Site Planning and Water and Sanitation.

The Guidelines include a matrix, with guidance for emergency planning, actions to be taken in the early stages of an emergency and comprehensive responses needed in the recovery and rehabilitation phases.

<https://www.medbox.org/document/iasc-guidelines-for-mental-health-and-psychosocial-support-in-emergency-settings>



Substance Use & COVID-19

Substance use considerations during #COVID19

World Health Organization WHO; Regional Office for the Eastern Mediterranean

The current COVID-19 situation has left many people worried and scared. The possibility of becoming severely ill or dying from COVID-19 infection can be overwhelming and stressful, so can the measures that many countries put in place to limit the spread of the infection (e.g. isolation, quarantines, lockdowns and physical distancing). Under no circumstances should people use any type of substances as a means of preventing or treating COVID-19 infection. Substance use will not protect from COVID-19. Different target groups have a responsibility to steer clear of substance use throughout this pandemic and beyond, and to help others do the same, and get the help they need, in case they are using substances or suffering from substance use disorders.

<https://www.medbox.org/document/substance-use-considerations-during-covid19>

You can download Posters, Social Cards in English and Arabic here: <http://www.emro.who.int/mnh/news/substance-use-considerations-during-the-covid-19-pandemic.html>



Alcohol and COVID-19: what you need to know

World Health Organization

The following factsheet provides important information that you should know about alcohol consumption and COVID-19. It addresses, among other things, the misinformation that is being spread through social media and other communication channels about alcohol and COVID-19.

<https://www.medbox.org/document/alcohol-and-covid-19-what-you-need-to-know>



Smoking and COVID-19

World Health Organization

Scientific Brief.

<https://www.medbox.org/document/smoking-and-covid-19>



Coping with Stress

Growing Stronger - 10 Key Steps for Growing Stronger with Resilience through the Corona Pandemic
Dr. Slama-Chaudhry, A.

This resilience toolkit summarizes key steps for individuals for managing the crises safely.

<https://www.medbox.org/document/growing-stronger-10-key-steps-for-growing-stronger-with-resilience-through-the-corona-pandemic>



Coping with stress during the 2019-nCoV outbreak
World Health Organization

Infographic. Available in English, French, Spanish, Russian, Arabic

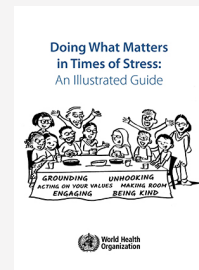
<https://www.medbox.org/document/coping-with-stress-during-the-2019-ncov-outbreak>



Doing what matters in times of stress
World Health Organization

The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques. The guide can be used alone or with the accompanying audio exercises. Informed by evidence and extensive field testing, the guide is for anyone who experiences stress, wherever they live and whatever their circumstances.

<https://www.medbox.org/document/doing-what-matters-in-times-of-stress>



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