

COMPREHENSIVELY ADDRESS MENTAL HEALTH ISSUES RELATED TO COVID-19 PANDEMIC

The global spread of COVID-19 has laid bare our vulnerability to health threats and triggered a fundamental rearrangement of everyday life. It has led to dramatic loss of human life worldwide. While the pandemic's health implications are clear, more subtle - yet just as insidious - is its impact on economies, societies and public health action.

The project aims to address the rising psycho-social issues among people in the post-COVID situation. It focuses on early screening and management of mental health challenges as well as sensitization on gender-based violence issues through community outreach, counselling support and referral care. Through sustained advocacy and referral, the intervention in Delhi, Gujarat and Jharkhand is complimenting and strengthening Government's efforts in combating COVID-19.

PROJECT OBJECTIVE



Identification and enablement of COVID-19 affected communities on prevention, care and treatment



Early screening and management of mental health and gender-based violence issues through counselling and referral care



Institutionalize provisions of mental health services and integrate them into physical health programs with supportive technology infrastructure



MAKING A DIFFERENCE ON THE GROUND

A hybrid model of service delivery, with de-stigmatization of mental health issues through awareness and outreach complimented with an integrated support mechanism of care coordinators and tele-counsellors accelerated greater access to mental health services, particularly among the vulnerable and hard-to-reach communities.



APPROACH



Household mapping and community outreach



Tele-counselling and tele-consultation services



Engaging public and private care services and networks



Effective communication strategies



Training and capacity building

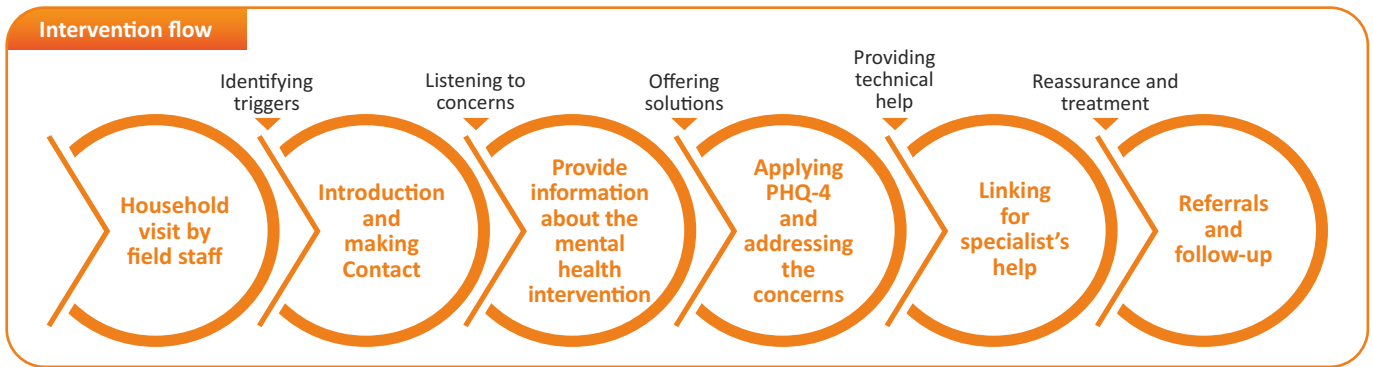
HOUSEHOLD MAPPING AND COMMUNITY OUTREACH

The trained field staff assess the mental health status of beneficiaries through Patient Health Questionnaire (PHQ)-4, a validated and an easy to administer tool. PHQ-4 is very useful in screening for anxiety and depression symptoms in the community, primary health facilities, research and programmatic settings.

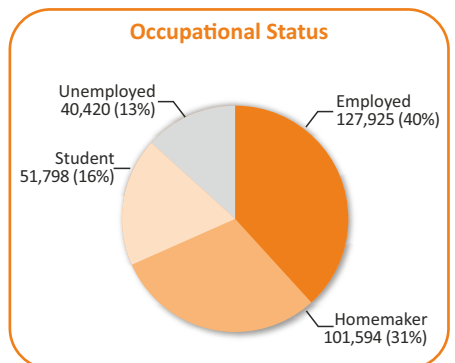
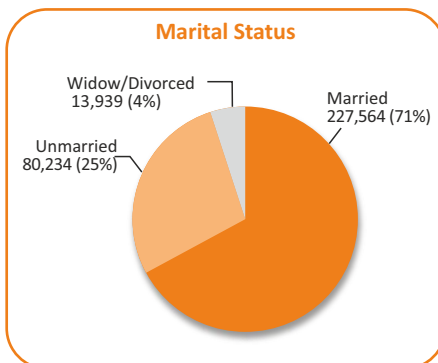
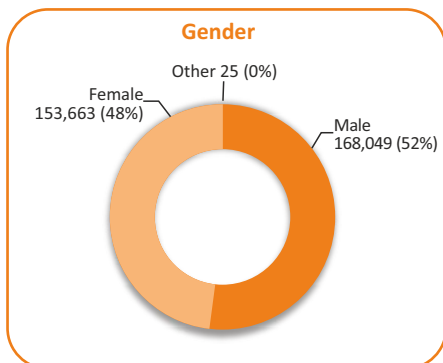
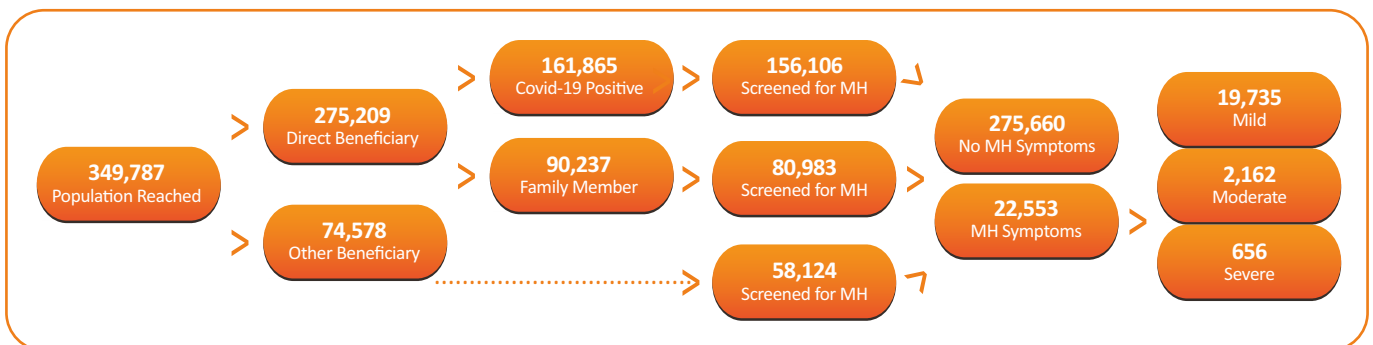
Engaging field level health workers, non-government organizations (NGOs), community based organizations, Panchayati Raj Institutions (PRIs) and the elected representatives has proved to be an effective strategy in social participation.



Community meeting to create awareness on COVID-19 and Mental Health in Dumka, Jharkhand

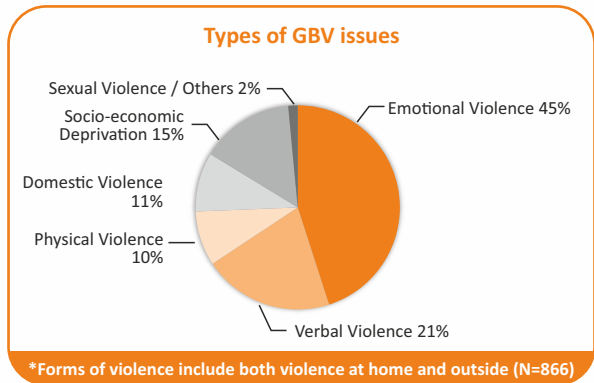
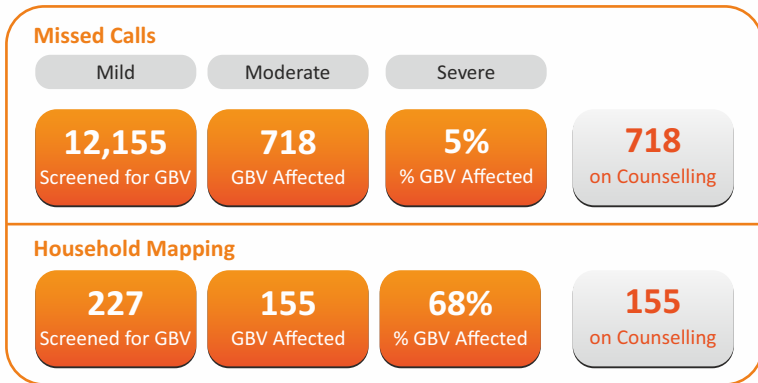


RESULTS



COVID-19 has impacted everyone almost equally, males and females have reported having mental health issues at 52% and 48% respectively. Additionally, employed people, who are usually males and home makers, who are usually females constituted 71% of all mental health cases.

*Data reported is for the period 15 June, 2021- 31 March, 2022

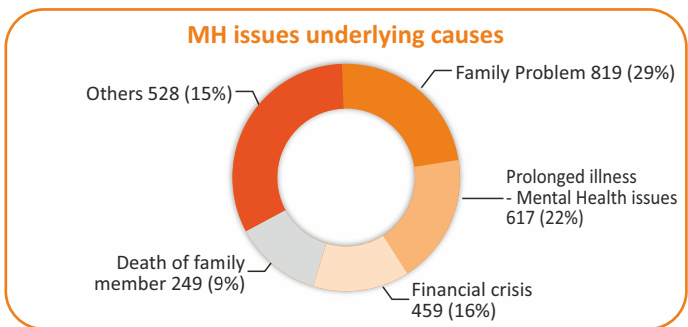


People reported emotional and verbal violence along with physical assault as main reasons during the lockdown and post-lockdown period.

GBV: Gender-based violence

TELE-COUNSELLING AND TELE-CONSULTATION SERVICES

The Centralized Control Center (CCC) is the technological backbone of the project. It includes features such as two level interactive voice response to include geography and client details, mental health and gender-based violence screening tool among others. The center operates six days a week, Monday-Saturday, 9 am to 6 pm for the free helpline number 8010111213.



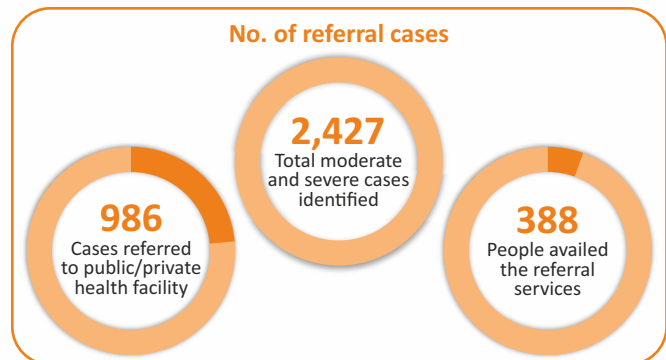
Family problem, prolonged illness and financial crisis were some of the main reasons that affected the social and mental health of individuals.



ENGAGING PUBLIC AND PRIVATE CARE SERVICES AND NETWORKS

Ensuring timely, credible and affordable healthcare services for people diagnosed with moderate and severe mental health symptoms is a key aspect of referral care. Private and government mental health facilities along with nearby psychiatrists and psychologists are linked with the program intervention.

Concerted advocacy efforts with state and district health officials is being done to achieve lasting and sustained change in community behavior, institutions, and policies that have a positive effect on individual compliance and health outcomes.



*Data reported is for the period 15 June, 2021- 31 March, 2022

EFFECTIVE COMMUNICATION STRATEGIES

The program is strategically utilizing the potential of traditional and new media to address the key behavioral barriers in identifying and understanding mental health symptoms and the desire to take timely medical advice. The communication plan is also designed to emphasize on de-stigmatizing mental health issues, countering inaccurate stereotypes or myths and making quality mental health treatment accessible.



Creating awareness on mental health through promotion on mobile van

TRAINING AND CAPACITY BUILDING

Training and capacity building is an important element to equip the program managers and field staff with necessary skills to identify and target the high-risk group and shape their reactions with technical interventions and counselling skills to help them better manage their mental health. Partnerships with specialized organizations and institutions were formed to provide linkages and psychological support through care and counselling.



Training partnership with Women Power Connect for capacity building of field staff



IEC campaign to encourage beneficiaries to avail mental health services

World Health Partners (WHP) is a non-profit Indian society that sets up programs to bring sustainable healthcare within easy access to underserved and vulnerable communities. It innovatively harnesses already available resources more efficiently by using evidence-based management and technological solutions. WHP is best known for its programs focused on early detection and treatment of tuberculosis in urban and rural settings supported by community-based activities to ensure prevention. The organization uses all available resources--both in the public and private sectors to ensure that people living in any part of the country will have access to high-quality treatment.

For more information, please contact: Ms. Prachi Shukla, Country Director, World Health Partners (WHP), A 151, Sector -72, Noida - 201301, India, info@whpindia.org

www.worldhealthpartners.org

@WorldHealthPartners

@HealthCareWhp

healthcarewhp

Disclaimer: The publication of this document is made possible by the support of the American People through the United States Agency for International Development (USAID). The contents of this document are the sole responsibility of WHP and do not necessarily reflect the views of USAID or the United States Government.