

Mental Health and Psychosocial Support During COVID-19 Outbreak

from the Philippine Council for Mental Health

PROMOTE PSYCHOSOCIAL WELL-BEING IN EVERYONE

1



Recognize that crisis occurs when sudden and/or adverse circumstances affect a person's ordinary life.

In epidemics and disasters these events put people in extreme stress and physical and psychosocial reactions are expected from them. These reactions include being sad, afraid, worried, angry, or confused, and although they are generally unpleasant they can be expected and generally therefore considered “normal.”

2



It is okay not to feel okay.

In situations of extreme stress, one can expect not to feel okay. Talking or venting feelings to somebody you trust is helpful in overcoming negative feelings due to stress. Talking with a mental health professional is also okay. People should not be afraid of feeling judged and stigmatized for doing so.

3



Engage in healthy activities that you enjoy and find relaxing.

If one must stay home or in isolation, maintaining a healthy lifestyle, which includes a daily routine, exercise, eating healthy food, getting enough rest and good sleep, praying or finding quiet time for yourself, and enjoying moments with family and loved ones, can help maintain positive mental health during this time.

4



Facts minimize fear.

Gathering facts and accurate information from reliable sources will help in determining risks and planning appropriate precautions. However, people should also limit their daily exposure to various forms of media. Overexposure to negative and alarming news can be very upsetting.

5



Draw on the skills that have helped in the past to manage previous crisis/adversities, and use these skills to manage this present one.

One looks at his/her life in perspective as one considers the options one needs to take to overcome the crisis.

6



Shift perspectives away from number of deaths toward number of recoveries.

A change of perspective is necessary. In fact, a sense of hope instead of fear could allow leaders and every citizen to better cooperate with one another – a vital element in defeating this outbreak.

7



Words do matter.

When talking about coronavirus disease, certain words (i.e. Suspect, case, isolation...) and language may have a negative meaning for people and fuel stigmatizing attitudes. They can perpetuate existing negative stereotypes or assumptions, create widespread fear, or dehumanize those who have the disease. Do talk about “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” or “people who died after contracting COVID-19”. DON'T refer to people with the disease as “COVID-19 cases” or “victims”.

*“Our connectedness with each other,
not our differences is what matters
now more than ever.”*

Produced by **HUMAN** - the NGO Coalition for Mental Health in support of the
PHILIPPINE COUNCIL FOR MENTAL HEALTH