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From: (10)(2e), (10)(2e), (10)(2e)
Sent: Wed 3/18/2020 7:59:28 PM
Subject: RE: Mental health and psychosocial aspects of COVID-19

Wil je morgen al iemand van DCO aan (de virtuele) tafel hebben? Kan ik proberen te regelen via (10)(2e)

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Van: (10)(2e), (10)(2e) <(10)(2e)@minvws.nl>
Datum: woensdag 18 mrt. 2020 5:19 PM
Aan: (10)(2e), (10)(2e), (10)(2e) <(10)(2e)@minvws.nl>
Onderwerp: FW: Mental health and psychosocial aspects of COVID-19

Ha (10)(2e)

Onderstaand lijkt me essentiële informatie waar we iets mee kunnen qua preventie, eens? Ik zou deze handvatten graag actief onder de aandacht willen brengen. Gaat verder dan alleen de patienten maar bevat ook handreikingen tbv mentale gezondheid voor mensen die in de front line staan, bijvoorbeeld onze verpleegkundigen.
 Kunnen we ook richting DCO mee verder zodra we dit ook hebben besproken in het preventiegroepje

Gr (10)(2e)

 (10)(2e)

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Van: (10)(2e), (10)(2e), (10)(2e) <(10)(2e)@minvws.nl>
Verzonden: woensdag 18 maart 2020 16:16
Aan: (10)(2e), (10)(2e) <(10)(2e)@minvws.nl>; (10)(2e) <(10)(2e)@minvws.nl>
Onderwerp: FW: Mental health and psychosocial aspects of COVID-19

Zie geel gearceerd voor tips en handvatten ook qua communicatie.

Van: (10)(2e), (10)(2e) <(10)(2e)@who.int>
Verzonden: woensdag 18 maart 2020 15:12
Aan: CHISHOLM, (10)(2e), (10)(2e) <(10)(2e)@who.int>
CC: (10)(2e), (10)(2e) <(10)(2e)@who.int>; (10)(2e), (10)(2e) <(10)(2e)@who.int>
Onderwerp: Mental health and psychosocial aspects of COVID-19

Send on behalf of Dr (10)(2e)

Dear national mental health focal points

We are hoping this finds you and your families well.

As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern, both in the population at large and for certain groups in particular (such as older adults, care providers and people with underlying health conditions). In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety, but

as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use and also acts of self-harm or suicidal behaviour are also expected to rise. In populations already heavily affected, such as Lombardy in Italy, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being of front-line workers.

As part of WHO’s public health response, please see below for use, reference or further distribution a set of new materials on **mental health and psychosocial support** (MHPSS) aspects of COVID-19 that have been developed by WHO and its partners. These are also being shared with Country Offices in the WHO European Region. Current availability of these materials in official EURO languages other than English are shown in brackets; if you wish to have or make a translation into another language, please let us know and we will get back to you.

1. **MHPSS guidance documents covering different groups affected by COVID-19** [PDF documents for general grounding in the key issues and approaches]:
 - a. WHO briefing note [RUS]: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10
 - b. MHPSS Inter-agency Standing Committee briefing note: <https://interagencystandingcommittee.org/other/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak>
 - c. WHO/UNICEF/ICRC briefing addressing Social Stigma: https://www.epi-win.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf

2. **WHO infographics and Q&A session** [infographics published under technical guidance for risk communication and community engagement section of COVID-19 WHO portal]:
 - a. Coping with stress during COVID-19 [RUS]: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2
 - b. For children during COVID-19 [RUS]: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
 - c. Q&A session with expert WHO HQ staff member on MHPSS aspects of COVID-19: <https://twitter.com/WHO/status/1237372330696798208?s=20>

3. **WHO guidance for provision of psychosocial support and mental health care** [requiring dedicated training time and resources]:
 - a. Psychological first aid (e.g. for first responders; < 1 day); [FR | GER | RUS]: https://www.who.int/mental_health/publications/guide_field_workers/en/
 - b. mhGAP Humanitarian Intervention Guide (e.g. for general health care workers; > 3 days) [FR | RUS]: https://www.who.int/mental_health/publications/mhgap_hig/en/

Of course there are also a number of other guidance documents that have been prepared by you or others working nationally or internationally, and there will be more as the landscape changes again in front of our eyes. One particular area of concern relates to access and continuity in heavily affected areas, so for those of you with experience or responsibility of service delivery and/or re-organization in crisis or emergency situations, do please identify yourselves to Elena Shevkun (copied here) and myself so that we may build up a roster of experts who could advise Member States as needed on appropriate or suggested courses of action.

Take care and best wishes,

[Redacted signature]

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