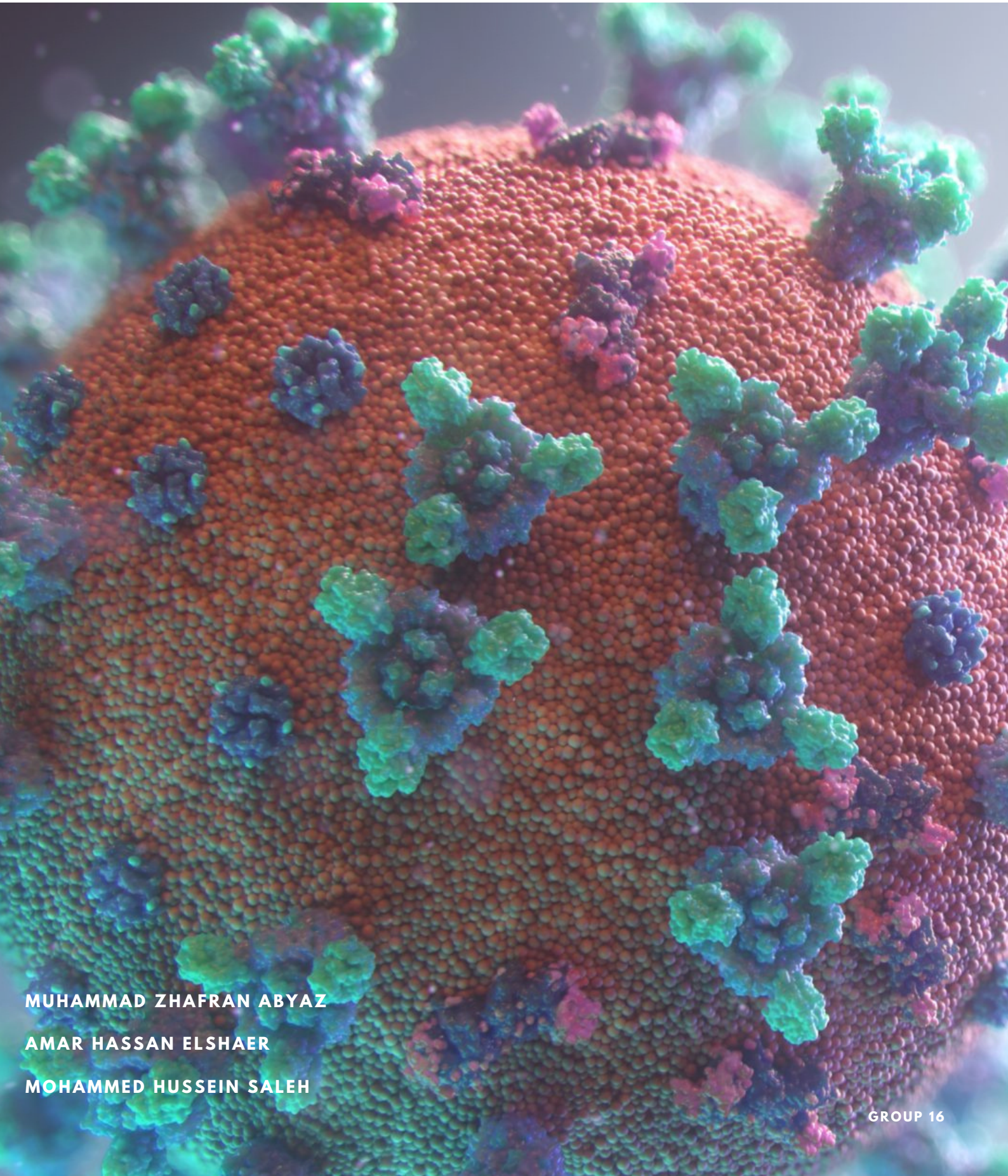# COVID-19 IMPLICATIONS TO MENTAL HEALTH AND SUBSTANCES USE
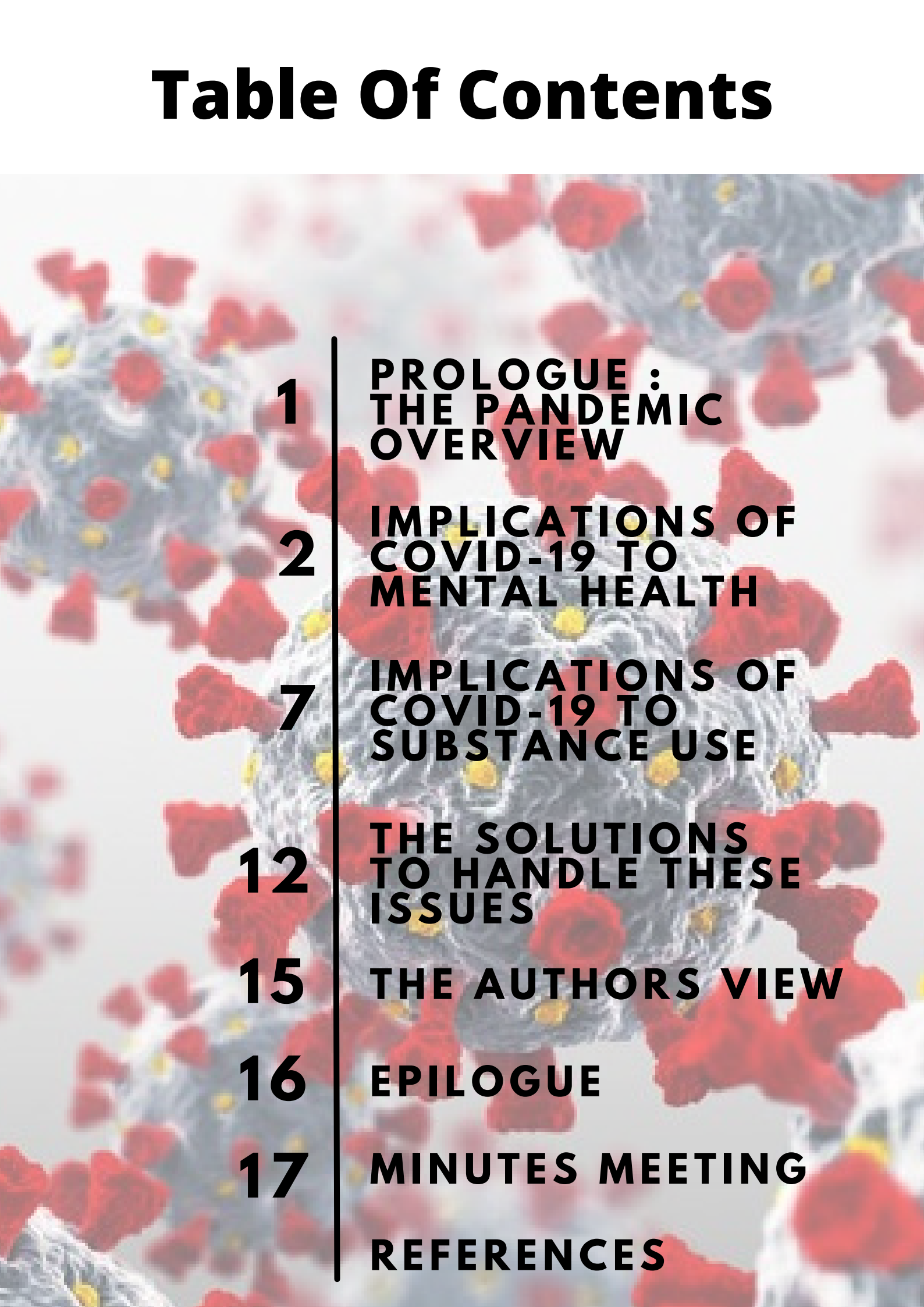
MUHAMMAD ZHAFRAN ABYAZ

AMAR HASSAN ELSHAER

MOHAMMED HUSSEIN SALEH

GROUP 16

Table Of Contents

Prologue : The Pandemic Overview

It seems like the progress is going well, but there is another factor that appears after the quarantine, which is its side effects. People are stuck in their homes with fewer to no things to do. Most of us miss the old days when we can just go to any places during holidays to entertain ourselves like resorts, recreation parks, and malls. But because of quarantine and increased usage of the online platform, people become Workers who need to sit in front of their laptops and look at the screen almost every day, and students are stuck in their bedroom when doing online classes doing lots of tasks. This results in some effects that happen to ourselves during quarantine and affect our wellbeing. In this edition, we'll cover 2 of these effects, which are mental health and substance use.

COVID-19 has become a factor in various problems at this time. This pandemic starts at the end of 2019 and being hugely recognized start from the beginning of 2020 and still going until now. These phenomena result in many damages and crises, such as economic crisis, massive unemployment in workplaces, increased rarity of basic supplies, and many more.

As time goes by, most countries have lifted the quarantine and people have solved these problems by online solutions. As now, teachers can conduct online classes anytime with online teaching platforms like Google Classroom and Blackboard, workers can use apps like Zoom and Webex to do online meetings and conferences, everyone can buy their basic needs via e-commerce like Amazon and eBay, and now some places can be visited with reduced restrictions after a long quarantine.

Implications of COVID-19 to Mental Health

INTRODUCTION

Since the first case was discovered in the Chinese province of Hubei in December 2019, the new coronavirus illness 2019 (COVID-19) has spread worldwide, with over 210 million cases confirmed as of September 1, 2021. In several nations, a nation-level lockdown has been instituted to avoid fast infection, affecting people's daily lives, especially their working lives. Workers in many nations were compelled to adapt to more flexible and adaptable work patterns, which have been referenced to as "New Ways of Working". NWW is a new trend in which companies change their work relationships to allow for more flexibility in terms of time and space.

As the coronavirus pandemic spreads around the world, it is causing widespread fear, anxiety, and worry in the general public, as well as specific groups such as the elderly, caregivers, and those with concerns about underlying health.

To date, the main psychological impact on public mental health has been the increasing prevalence of stress or anxiety. Loneliness, sadness, destructive drug and alcohol use, and self-injurious or suicidal behaviors are likely to increase when additional measures and impacts are taken, especially control. epidemic and its effects on the activities, habits, or livelihoods of many people.

• Workers Mental Health Difficulties during COVID-19:

Researchers from all around the world have been paying close attention to the COVID-19 outbreak. The Lancet, for example, has established the COVID-19 Resource Center (2020) to preserve publicly available online papers and news.

ResearchGate, a social networking platform for scholars, has launched the COVID-19 Community (2021), which has generated almost 300,000 outputs, including empirical studies, reflections, and recommendation articles. Mental health is becoming a growing priority in the COVID-19 research community (Martin & Cooper, 2020). Pandemics can have a detrimental influence on mental health, such as increased levels of sadness and stress, as seen in the SARS outbreak. This is especially true for people who were isolated (Ko et al., 2006). The mental health of healthcare workers (HCW) has been assessed among many demographic groups; these employees confront direct hazards to their health, the danger of infecting their families, increased stress, burnout, and weariness (Koh & Goh, 2020). In many nations, HCWs also had to deal with loneliness, uncertainty, and moral dilemmas (for example, having to select whom to rescue owing to a lack of resources to offer proper treatment to all patients) (Schwartz et al., 2020).

In conclusion, recent data from the COVID-19 pandemic, as well as those from the SARS epidemic, show that occupational populations, including HCWs and other employees, suffer from poor mental health effects. It's also clear that these groups differ in terms of how their mental health is affected, but little is known about how employees' mental health has been affected by working from home in this setting.

Mental Health Impacts of Working from Home:

The linked benefits of decreased travel time and expenses, lower emissions pollution, and the ability to assist family chores (e.g., picking up children from school) may be beneficial for many employees in terms of positive consequences of working from home. This kind of work also has psychological benefits, such as increased engagement, enjoyment, and connectedness (Kotera & Vione, 2020), especially when good communication and social interactions are present (e.g., Gerards et al., 2018, Ten Brummelhuis et al., 2012). Thus according to Peters et al. (2014), individuals who worked from home at least one day a week had more autonomy and obtained significant levels of flow (enjoyment, absorption, and intrinsic motivation), which was aided by a positive supervisor and collegial support perception. As a result, remote working may have a favorable psychological impact on employees, which is bolstered by their perceptions of support from their bosses and coworkers. Working from home has several disadvantages, the most obvious of which is the deterioration of relationships with coworkers. According to a meta-analysis by Gajendran and Harrison (2007), remote workers who worked from home more than 2.5 days per week had fewer good interactions with their coworkers. Working from home has an impact on family connections. NWW, according to Fedakova and Itoová (2017), dissolved psychological barriers between work and family. Although the organizations in this research allowed workers to work from home, they were nonetheless forced to follow the company's typical work hours. Many workers had to start working from home during the COVID-19 epidemic, and this restricted flexibility reflects that reality. As a result, it is critical to pay close attention to the effects of blurred work-family boundaries, taking into account the difficulties that working from home may entail in terms of switching patterns of emotions and behaviors that were previously expressed only at work, and defining the line between work and family. In summary, although there are associated benefits of working from home, these are dependent on professional and social support. Working from home tends to raise degrees of loneliness, anger, concern, guilt, and stress, thus it's critical to focus on prevention and moderation of the negative impacts on workers' mental health...

• Education and Students Mental Health:

Daily routines have been disrupted due to the coronavirus pandemic of 2019 (COVID19) and social distancing measures implemented by many countries. According to UNESCO, school attendance has been disrupted nationally in 188 countries as of April 8, 2020. More than 90 percent of enrolled students (15 billion young people) are no longer in school. Such closures leave children and young people with mental health problems without access to the support they normally receive through their schools. In a survey by the mental health organization YoungMinds, 83 percent of 18 to 25-year-olds with a history of mental illness in the UK felt the outbreak made their symptoms worse. 26% said they could not get mental health help; Peer support groups and in-person programs have been cut, and phone or online support can be difficult for some young people.

Kids with disabilities, such as those with autism spectrum disorders, are also at risk. When their regular habits are broken, they might get dissatisfied and irritable, according to psychiatrist Chi-Hung Au (University of Hong Kong, Hong Kong, China). To decrease anxiety caused by uncertainty, he encouraged parents to set a timetable for their children. He warns that halting speech treatment and social skills groups can stymie development and that children with special needs may miss out on opportunities to gain critical skills. To compensate for the loss, he suggests using innovative methods such as online speaking and social skills training.

University admission tests are being postponed or canceled in several countries. On March 21, the Hong Kong government made a last-minute decision to postpone the Diploma of Secondary Education (DSE) examinations, which were set to begin on March 27, by a month, to April 24. Even before the postponing was announced, according to a poll conducted by the student counseling group Hok Yau Club in March 2020, over 20% of the 757 applicants polled claimed their stressful situations were at a maximum of 10 out of 10. Yoyo Fung, a 17-year-old DSE applicant, has been having loss of appetite and sleep issues, and she says the uncertainty of whether the tests would be postponed has added to her stress. "I'm terrified that I'm going to catch the illness and won't be able to attend the tests.

In Conclusion

Among the COVID-19 pandemic and lockdown measures, we discovered substantial rates of unfavorable mental health consequences in the general population over the world. COVID-19-related characteristics were linked to these outcomes even when no prior mental illness or childhood trauma were present. These findings call for more research into the mental health of the global population, as well as planning treatments to help minimize the outbreak's mental health effects.

Several steps can and should be taken now to minimize the psychological and psychiatric effects of the COVID-19 pandemic.

First, while repurposing mental health specialists to work in other areas of healthcare may appear appealing, it should be avoided. Such a change would almost surely reduce overall results, putting those with mental illness at a disproportionate risk of physical and mental health deterioration. This group, if anything, requires more attention right now.

Second, we recommend that communities affected by COVID-19 receive targeted psychological interventions, including special support for people at high risk of psychological morbidity, increased awareness and diagnosis of mental disorders (particularly in primary care and emergency departments), and improved access to psychological interventions (especially those delivered online and through smartphone technologies). These steps can help reduce or avoid psychiatric morbidity in the future.

Finally, frontline employees, including but not limited to healthcare personnel, require special attention. Increased awareness of illnesses, wanting to take breaks from work, engaging in self-care, having a break from coverage in the media, and asking for help are all suggestions made by the Centers for Disease Control and Prevention in the United States to help healthcare workers reduce secondary traumatic stress reactions. 8 This type of advice must be accompanied by increased employer awareness of the risk, increased peer support, and practical assistance for health professionals who are exhausted stressed, and feel an excessive amount of personal responsibility for clinical outcomes during what appears to be the world's largest pandemic.

We ignore mental health to our peril and our long-term disadvantage, even in this emergency, or especially in this emergency.

Implications of COVID-19 to Substance Use

MNS problems impact people all around the world at alarmingly high rates. Appropriate and evidence-based treatment is absent in many situations, and persons with mental illnesses face serious human rights abuses and discrimination.

These concerns are exacerbated in conflict and other humanitarian circumstances when mental health disorders are particularly prevalent. Despite this, mental health investment is severely restricted, with a shortage of resources and services, as well as a substantial treatment gap, particularly in resource-limited locations.

COVID-19 has both direct and indirect effects on mental health disorders, resulting in increased demand for treatments. Furthermore, health systems throughout the world are under strain, resulting in the interruption of crucial services, particularly for the world's most vulnerable people. Major stresses, such as the COVID-19 outbreak, can lead to the onset, aggravation, and relapse of a variety of MNS illnesses. Furthermore, COVID-19 is linked to delirium/encephalopathy, anxiety, stroke, insomnia, loss of flavor and aroma, anxiety, sadness, and Guillain-Barré syndrome, among other brain damage and mental disorders.

It is vital to track access to health care during the pandemic in order to strike the best balance between battling COVID-19 and preserving these services. The World Health Organization's recent pulse survey on the continuity of essential health services during the pandemic offers new insights and perspectives on the pandemic's impact on up to 25 essential health services in countries, as well as how countries are adapting strategies to keep these services running.

• **substance use services during the COVID-19 pandemic**

COVID-19 is still spreading in our communities, and there are hazards if you gather with individuals outside of your house, particularly if you are not completely vaccinated. We must all continue to take precautions to avoid the spread of COVID-19.

Despite the move in many high-income countries to psychiatric wards in general hospitals and the availability of social services, the WHO Mental Health Atlas 2017 data shows that there are still a small number of facilities for community-based mental health care throughout the world. Even before the COVID-19 epidemic, governmental spending on mental health in low- and middle-income nations was inadequate. Low- and lower-middle-income nations spent just under US$ 1 per person on mental health, but high-income countries spent upwards of US$ 80 per capita. The majority of funds were spent on mental hospitals, which only serve a small percentage of persons who require assistance.

Drinking alcohol and COVID-19

- Drinking alcohol does not protect you from COVID-19.
- Drinking alcohol weakens your body's ability to fight infections, increasing the risk of complications and making it harder to get better if you are sick.
- Alcohol use can increase the risk of acute respiratory distress syndrome and pneumonia, which are sometimes associated with COVID-19.

The relationship between the pandemic and drug use

Compton warns against lumping together any increasing drug usage with COVID-19. Shifts in drug availability, for instance, might be to blame for an increase in illicit opioid usage deaths; if heroin isn't readily available, someone might turn to fentanyl, which is far more potent. Experts concur, however, that pandemic-related strains, ranging from financial stress and loneliness to general concern about the pandemic, are a primary cause of the surge, based on study and clinical observation. "There's a perfect storm of things that we know enhance drug use," says William Stoops, Ph.D., a University of Kentucky professor of behavioral science, psychiatry, and psychology. "Because people are more worried and lonelier, they make harmful choices, such as consuming more and abusing drugs."

According to Walsh, Kentucky methadone clinics witnessed an increase in patients finishing treatment and a reduction in new patients initiating treatment in March and April. "Physicians have been focusing mostly on COVID-19, and medical systems are overburdened, so individuals don't always get the treatment they need," Stoops explains. "Also, there is a stigma associated with substance use disorder that prevents individuals from seeking treatment, which is exacerbated during a pandemic."

• Tips to Decrease The Use of Drugs And Alcohol During The Pandemic

Dr. Rohaidy gives the following advice to assist alleviate the stress caused by the pandemic:

- Setting boundaries is at the top of my list. Setting strict time limits for work or school, for example, and not allowing such pursuits to interfere with family time.
- Limiting social media and news reporting exposure. If you really must watch the news, schedule it for a specified time and just on a single channel. Do not overburden yourself; this will just add to your tension.
- It is now simple to include exercise, meditation, and healthy living into our everyday lives with the aid of free and accessible online webinars, such as those offered by events.baptisthealth.net.
- Three to four times a week, 30 minutes of walking to get the heart rate up somewhat are all we need.
- Maintaining a healthy family aim by being hydrated might assist with hunger and snacking.
- Every night, set a time for the family to have supper. Include restrictions like no electronics or reading materials at the table. Talk about what's on everyone's mind. Children should be included since they are likely to be anxious as well.
- Start a new pastime or bring an old one back to life. This is an excellent moment to be creative.

This will aid in the reduction of stress and the development of positive thinking. Having a pastime might help you feel more connected to others and less alienated. Knitting, crocheting, painting, pottery, and maybe a DIY home improvement project come to mind.

In Conclusion

The COVID-19 pandemic has had a significant influence on our lives since early 2020, with European governments being forced to take exceptional steps to preserve public health. This problem has had a significant influence on Europe's drug-related issues, including drug supply, usage, and related damages.

Teleservices and helplines are being used in many nations to implement innovative approaches; nevertheless, limited resources make it difficult to use these tools in low-resource situations. Task sharing and capacity building for general health professionals appear to be underused tools. Although global activism for mental health inclusion in COVID-19 responses has led to better integration into plans, intersectoral coordination platforms, and regular data gathering, a gap in human and financial resources allocated to integrate mental health into the emergency service remains a significantly challenging task and a barrier to systems and services. The COVID-19 pandemic highlights the importance of incorporating MHPSS into preparation plans and actions not just in reaction to catastrophes and recovery, but also before they occur.

STOP CORONAVIRUS!

The Solutions to Handle These Issues
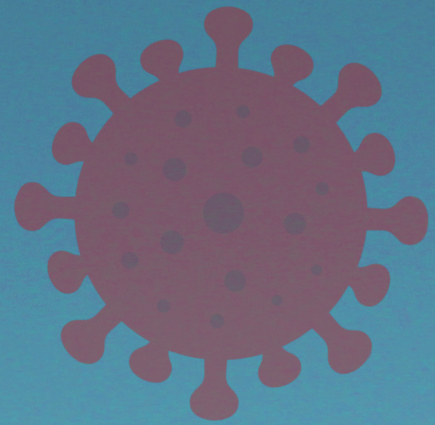
Because of these problems, lots of people suffer from many complications, primarily stress, anxiety, and having less productivity than before. These are crucial because they can affect our overall well-being. Gladly, there are many ways to tackle these issues. Some tips can improve your mood and wellbeing during your pandemic days.

1. Change the look of your room

One of the main reasons mental health issues happened during this pandemic is people stuck at home, which makes us look at the same places every time. You will be bored all the time in your home and as the result, this will bring up an uncomfortable atmosphere. Try to add some ornaments or decorations to make your room feel fresh. For example, adding plants and unique crafts to your shelves, painting some walls with new colors, installing unique lightings, or putting your hobby things like collectibles and action figures. This can light up your 'stay at home life and make you feel less bored.

2. Manage your time properly

The pandemic's restrictions affect the errands that we usually worked on, the obvious example for this are work from home and school from home. Because of this, we'll do all the activities completely at home. Most people who work/school at home will have more tasks/meetings/assignments at home because the activities are done via an online platform. We need to adapt to the situation by having different time management than before. Adjusting the time for work/school, while also having enough rest and 'me time' for relieving stress.

3. Find new hobbies/activities at home

Because of the restrictions during the pandemic, most people are stuck at home and rarely go outside. The weekends that are usually used for traveling and shopping, are now restricted by regulations like visitor's limit, body temperature, vaccine dose, and many more. Besides your basic activities like work, school, and home errands, there is some spare time we can use to enjoy ourselves. You can find some new hobbies or activities at home. Maybe like editing photos and video and uploading it to the internet, playing card games with your family, exercising together, and many more.

13

4. Maintain healthy lifestyle with exercise and balance nutrition

Even when we are stuck at our home, we still need to take care of our health too. For example, you can do push-ups, sit-ups, or lifting dumbbells. You can also use sports equipment like treadmills and static bikes too. Not only that, but we also need to maintain our nutrition too. Don't order fast food too often and try to cook your food. Now, there are a lot of fresh food ingredients that we can buy online to cook healthy food.
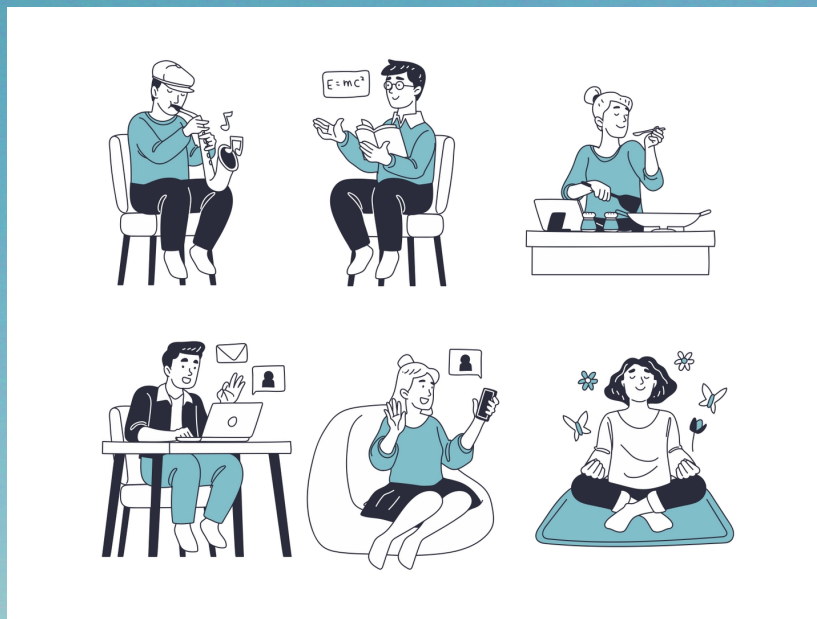
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The Authors Views

AMAR:

So, in terms of my thoughts on drug usage during the epidemic, I think it's an interesting topic to study and write about, but I was surprised by the amount that has grown throughout the pandemic, which I assume is due to people remaining at home for lengthy periods of time. I believe we need to find a solution for this subject, as Dr. Rohaidy stated, and provide some remedies for it, which I believe we should follow in order to put an end to this topic once and for all.

Mohammed:

From my perspective, I would like to say that global's mental health was not completely great, there were many people who have been suffering around the world. However, since Q4 2019 a significant increase in loneliness, sadness, and self-injurious or suicidal behaviors have been noticed. In addition, the impacts didn't stop there. As it has substantially affected workers' mental health as well as their work environment, especially in lockdown intervals. All of us hope that things will change soon, and we could live as we were before COVID-19, because global mental health is a vital matter.

Zhafran:

Based on my perspective, COVID-19 really changes our lives drastically. Despite the damage from the pandemic, we managed to adapt to the situation, like doing basic errands (school, work, shopping, etc.) via online platforms and improving crowd control in several places. But we cannot easily neglect the side effects that affect our wellbeing, like mental health and substance use. Therefore, we need to take care of ourselves too. Improving our moods and overall health is a great way to prevent mental health and substance use issues. The pandemic is not over yet, but with these actions, we can tackle the issues caused by the pandemic.

Epilogue : The Conclusion

The COVID-19 outbreak has caused havoc on jobs, money, educational systems, health care, and other vital aspects of communal life. Anxiety, sadness, traumatic stress, and acute psychological suffering are among the mental health consequences. Substance abuse is on the rise. Some studies have revealed that some sectors of the global population, including as youth, women, health workers and healthcare workers, and racial and ethnic minorities, are particularly affected by mental health and substance use difficulties during the pandemic. In general, older individuals appear to be doing better than the overall population, however it is uncertain if this advantage will remain over time.

Although global awareness for mental health incorporation in COVID-19 responses has resulted in better integration into plans, multisectoral coordination channels, and regular data collection, there is a gap in financial and human resources allocated to integrate mental health into the emergency response remains a significant challenge and a barrier to service continuity.

The pandemic environment provides a considerable risk of amplification of need among youngsters with a history of mental health difficulties. In addition, young people may begin to face new challenges. We urge service planners to promote youth mental health during COVID-19 by increasing service accessibility. Furthermore, young people must be engaged as coresearchers in order to understand and treat the pandemic's short, medium, and long-term effects.

minutes meeting

LEADERSHIP AND TEAMWORK SKILLS
Group Meeting Agenda (Template)
Please attach this form with project report and write full meeting agenda for each meeting.

No.	Group Members	Time Arrival with Signature	Time Finish with Signature	Group Meeting Agenda			Other Remarks e.g potential problems/difficulties/limitations
				Date: Monday, 20 December, 2021 Time: 9:10	Who took the notes? Name: Muhammad Zhafran Abyaz	Who is leading the discussion? Name: Amar Hassan Elshaer	We have found some problems and difficulties to find a suitable template.
				No. / Agenda Items / What are the things discussed at the meeting?	What are the ideas discussed	What action needs to be taken? What do we need to bring?	
1	Muhammad Zhafran Abyaz	9:10	9:45	1 / How we'll get more information for the topic?	Some of the informations/references are from UNICEF website, the database from UTM library and some famous articles	If we still need more information, we can search from other sites as well	
2	Amar Hassan Elshaer	9:10	9:45	2 / Who's taking what topic for the magazine?	Zhafran do the Prologue and the Solution topic, Amar do the Substance Use topic, and Mohammed do the Mental Health topic	We'll also find subtopics for the main topic containing some examples from real-world issues	
3	Mohammed Hussein Saleh	9:10	9:45	3 / How's the design for the magazine?	For most of the pages, it will be mostly same, except for the reflection, reference, and cover page	We can easily edit in Canva by searching some different templates or elements	

Group Meeting Agenda – Assessing Individual Participation & Quality of the Meeting Report

MEETING #1

Group Name:

Title of Project:

Group Members	Time Punctuality/	Participation in Group Discussions			Quality of Group Meeting Agenda Task Response – Understanding and Addressing the Tasks		Total Marks
		Taking Notes	Leading Discussions	Idea Contributions	Contents: Appropriate, relevant, key points covered	Report Presentation: Grammar, Spelling, Neat	
	1 mark	1 mark	1 mark	3 marks	3 marks	1 mark	10 MARKS
1							
2							
3							

No.	Group Members	Time Arrival with Signature	Time Finish with Signature	Group Meeting Agenda			Other Remarks e.g potential problems/difficulties/limitations
				Date: Monday, 20 December, 2021 Time: 9:50	Who took the notes? Name: Mohammed Hussein Saleh	Who is leading the discussion? Name: Muhammad Zhafran Abyaz	
				No. / Agenda Items / What are the things discussed at the meeting?	What are the ideas discussed	What action needs to be taken? What do we need to bring?	
1	Muhammad Zhafran Abyaz	9:50	10:10	1 / What is the reflection and what should we write?	The reflection is about our opinions of each topic that we write.	Each one of us is going to write his own reflection	
2	Amar Hassan Elshaer	9:50	10:10	2 / What are we going to discuss in this meeting?	We will discuss about reflection part.	We will focus more about the direction for the reflection part	
3	Mohammed Hussein Saleh	9:50	10:10	3 / What are we going to add in cover page?	How about we will write the headline for the subtopics.	We will add some writings about the pages that will cover on specific subtopic with pictures behind	

MEETING #2

Group Name:

Title of Project:

Group Members	Time Punctuality/	Participation in Group Discussions			Quality of Group Meeting Agenda Task Response – Understanding and Addressing the Tasks		Total Marks
		Taking Notes	Leading Discussions	Idea Contributions	Contents: Appropriate, relevant, key points covered	Report Presentation: Grammar, Spelling, Neat	
	1 mark	1 mark	1 mark	3 marks	3 marks	1 mark	10 MARKS
1							
2							
3							

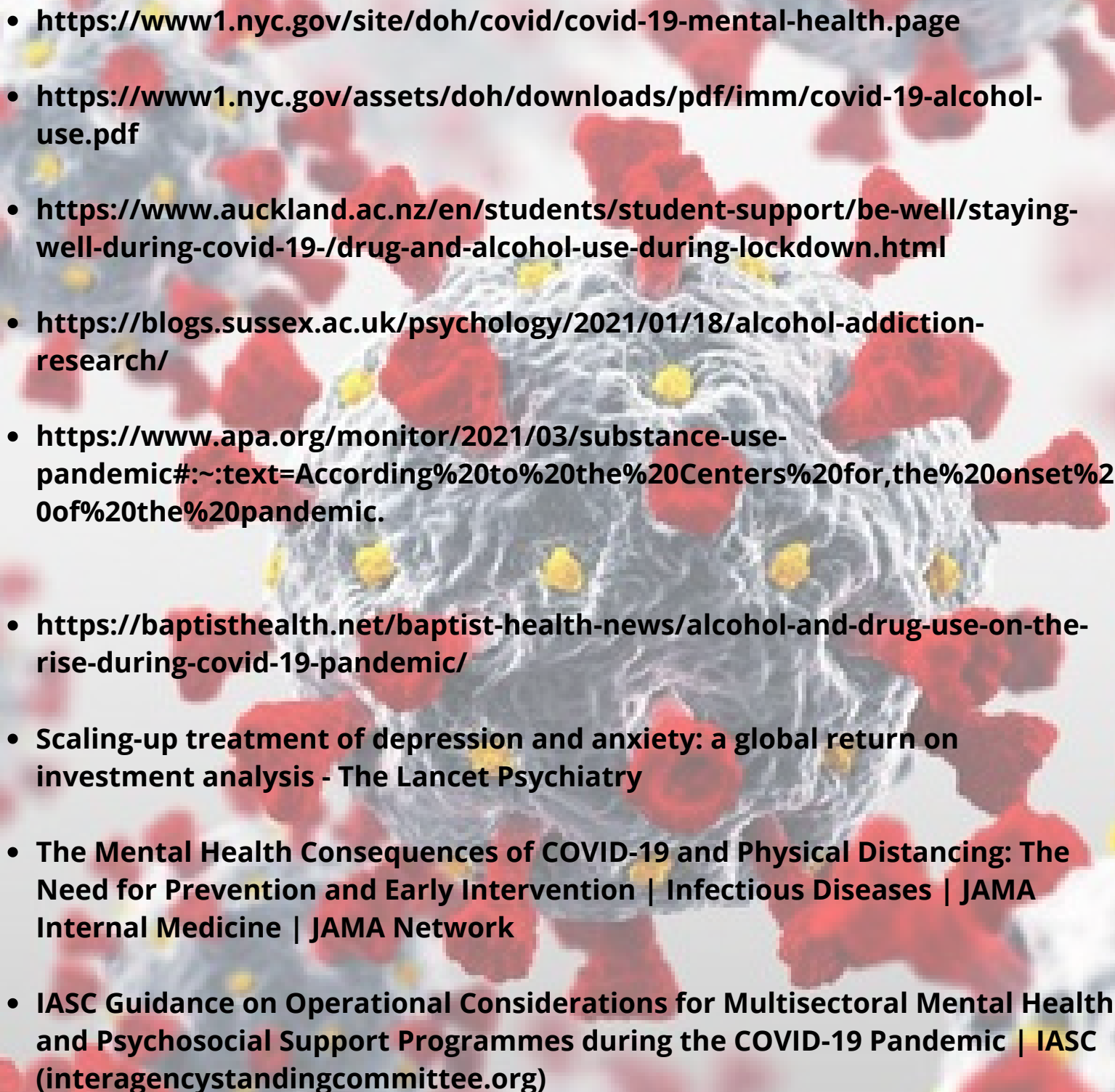| No.	Group Members	Time Arrival with Signature	Time Finish with Signature	Group Meeting Agenda			Other Remarks e.g potential problems/difficulties/limitations
				Date: Monday, 17 January, 2022 Time: 9:50	Who took the notes? Name: AMAR HASSAN	Who is leading the discussion? Name: Mohammed Hussein Saleh	
				No. / Agenda Items / What are the things discussed at the meeting?	What are the ideas discussed	What action needs to be taken? What do we need to bring?	
1	Muhammad Zha	8:40	9:40	1 / Are we going to modify more on the magazine?	We think yeah there is better to do	We will change some pages of the magazine	
2	Amar Hassan El	8:40	9:40	2 / Who is going to change and lead the magazine design?	We should all give some ideas	Each one will make a template and we will decide which one is the best	
3	Mohammed Hus	8:40	9:40	3 / Do we need to put these minute meetings in the magazine?	Yes before the references	We will put these minute meetings in the magazine before the references page	

MEETING #3

Group Name:

Title of Project:

Group Members	Time Punctuality/	Participation in Group Discussions			Quality of Group Meeting Agenda Task Response – Understanding and Addressing the Tasks		Total Marks
		Taking Notes	Leading Discussions	Idea Contributions	Contents: Appropriate, relevant, key points covered	Report Presentation: Grammar, Spelling, Neat	
	1 mark	1 mark	1 mark	3 marks	3 marks	1 mark	10 MARKS
1							
2							
3							

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17

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