

# **THE MENTAL HEALTH CARE DURING PANDEMIC (COVID-19)**

## **Department of Psychology**

### **South Calcutta Girls' College**

#### ***“Do’s” and “don’ts” for mental health care during pandemic (COVID-19):***

- ❖ Stay home and spent quality time with family. Teach your children new skills and involve them in household chores. Parents should keep it in mind that proper utilization of time can enhance the potentialities of their kids to a great extend.
- ❖ A list may be prepared consisting of the favorite activities and hobbies and indicate those (put a mark) which are possible to perform even at home such as embroidery, cooking, baking, reading etc.
- ❖ In this phase a new thing may be learnt and individual can brush up those skills which had been forgotten long ago such as graphic designing, cooking special dishes, learning some new languages, particular songs or dance steps etc.
- ❖ During hectic life activities people hardly manage time for themselves and now this is an ideal time to get engaged in those activities which will be essentially ensured as protective measures for their health and hygiene such as taking up an online self-development course or a course on meditation, if available.
- ❖ Recreational activities to boost up physically and psychologically should also be under consideration and family members together may get involved to catch-up on watching web-series or movies, playing games and other group activities at home which essentially cheer everyone up.
- ❖ Most importantly, dedicate a particular time to get latest updates about Corona Virus but do not keep following social media throughout the day. Fake news and constant discussion about COVID-19 and lockdown will end up increasing your stress level.
- ❖ Persons who are previously suffering from various mental health problems such as depression, anxiety, obsessive compulsive disorder or other disturbances should never

lose connections from their Psychologist as well as Psychiatrist and also try to get informed that whether in the present circumstances health care professionals are providing telehealth services. Essentially they should never forget to take their medicines as prescribed by their Doctors.

- ❖ To ensure obtainable and sustainable mental health support telecounselling and online counselling may be imparted.
  
- ❖ Last but not the least people of this globe with knowledge, willingness, awareness and determination are the only preventive measures to combat with this great enemy of the mankind.

➤ **Counselling Cell Helpline: [yashabantis@gmail.com](mailto:yashabantis@gmail.com)**