

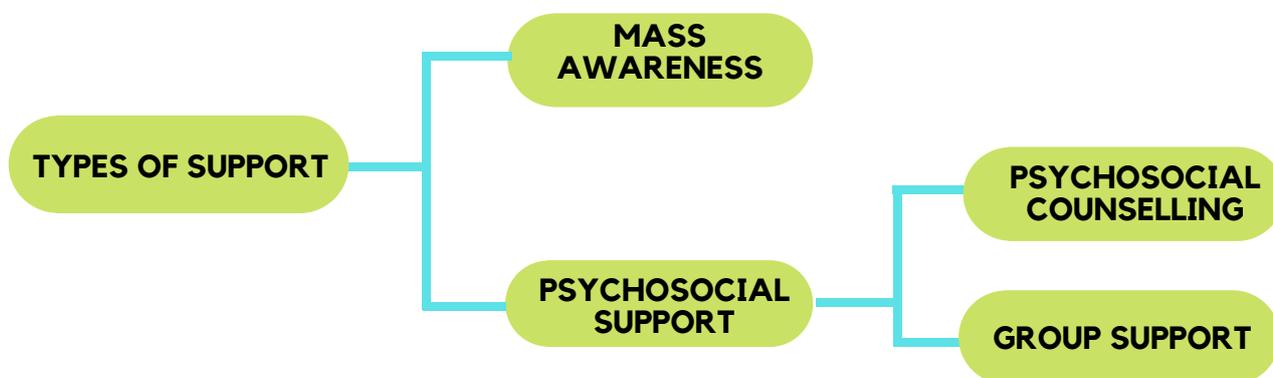
# MHPSS RESPONSE DURING COVID-19

APRIL-JULY, 2020

## BACKGROUND

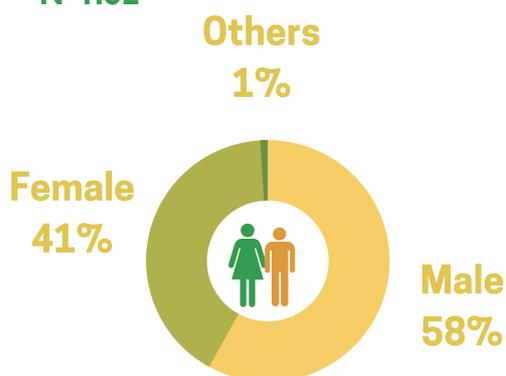
Globally, as of 31st July 2020, there have been 17,106,007 confirmed cases of COVID-19, including 668,910 deaths, reported to WHO. Whereas, in Nepal, the total positive cases have reached 19,061 with a total death count of 49 as of July 29, 2020.

TPO Nepal is a non-governmental organization established in 2005. Since then it has been working in the field of mental health and psychosocial well-being and emergency response. During COVID-19 emergency, two immediate response plan were made and implemented by TPO Nepal; **Mental health and psychosocial support (MHPSS)** and **Mass Awareness Program**. Under Mass Awareness Program, PSA were played via radio and TV and information were also disseminated through posters and social media. Likewise expert opinion was collected through interviews in various media. Psycho-social support was further divided into psychosocial counselling (virtual/in person) and group support.



## A. PSYCHOSOCIAL COUNSELLING

N=1152



Psychosocial counseling was provided to 1,152 people, in forms of in-person counseling sessions and counseling provided through virtual means such as toll free helpline services and using helpline services from the districts. Seventy of them were below 18 years of age. Emotional, behavioral, psycho-somatic and relationship related issues were address through this service. Psychosocial counselors, clinical psychologist and psychotherapist provided services using various tools and techniques to restore the psychosocial well-being. Cases were also referred to various services as per the need.

Psychosocial counselling is further divided into service from toll-free helpline, district helpline and face-to-face psycho-social counselling.

## REFERRAL TO VARIOUS SERVICE



101 REFERRED TO PSYCHIATRIST



97 REFERRED TO HEALTH SERVICE



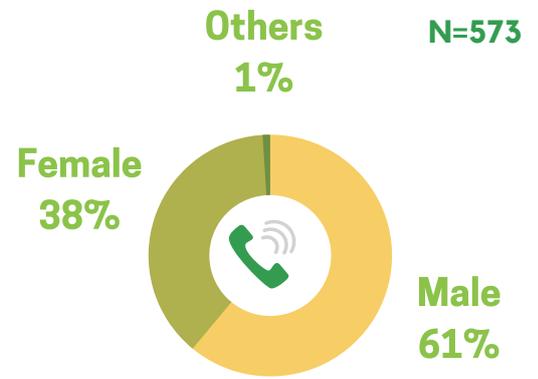
13 REFERRED TO SOCIAL SUPPORT



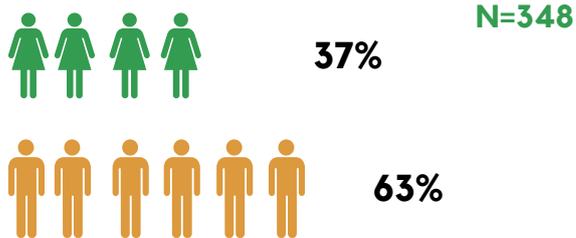
127 REFERRED TO LEGAL SUPPORT

## I. TOLL-FREE HELPLINE

Toll free helpline services was provided to people directly from the central office. Out of 573, 36 people were aged below 18. Interventions such as empathetic listening, emotional support, symptoms-relevant psycho education, instructions on exercising deep breathing and relaxation, information sharing on relevant issues, anger management tips, problem relevant management tips and linking with psychiatric support were provided. Also, sleep hygiene tips were provided to individuals with insomnia.



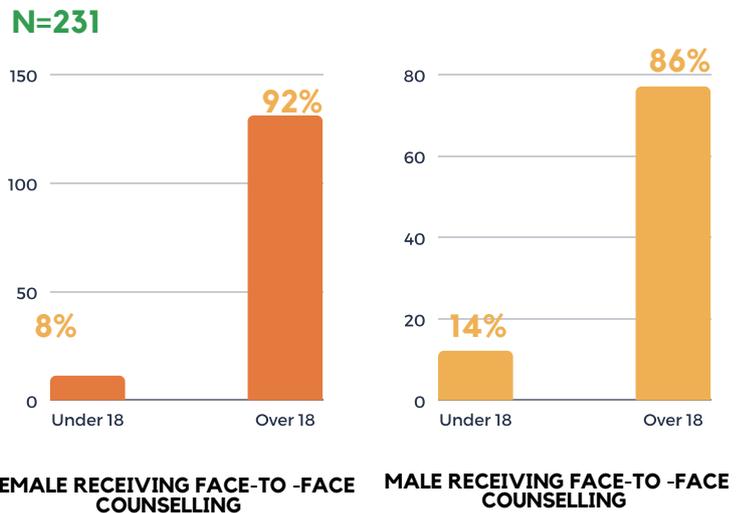
## II. DISTRICT HELPLINE



District(s) helpline service was provided via 16 mobile phone numbers in 16 different districts. The services provided were similar to toll-free helpline service. When necessary, referrals were also made to psychiatrists or central office helpline. Out of 348 people, 23 were aged under 18.

## III. FACE-TO-FACE SUPPORT

Psycho-social counselors used various checklists for assessment and psycho-social support was provided using various tools and techniques Out of the 231 cases, 23 cases were children below 18 years of age.

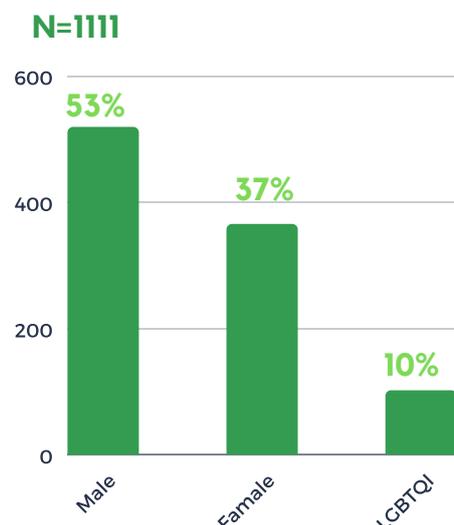


## B. GROUP SUPPORT

Group intervention sessions comprising of group sessions and group orientations, ranged from 1 to 3 days (2 hrs. to 7.5 hrs.). While in shorter sessions, techniques of stress management relating to COVID-19 situation were taught to the participants. In the longer sessions, besides stress management, participants were oriented on Psychological First Aid (PFA) and were involved in various psychological exercises including relaxation exercise.

### I. GROUP SESSIONS

Out of the total 1,111 participants, 62 (31 male and 31 female) of them were below 18 years of age. A total of 31 events of group sessions among the participant was organized for various target groups including health workers, social workers, and frontline workers such as police, protection workers, etc. The sessions ranged from 1 day to 3 days (2 hrs. to 7.5 hrs.). The sessions mainly focused on stress management techniques, orientation on Psychological First Aid (PFA) and various psychological exercises including relaxation exercise.

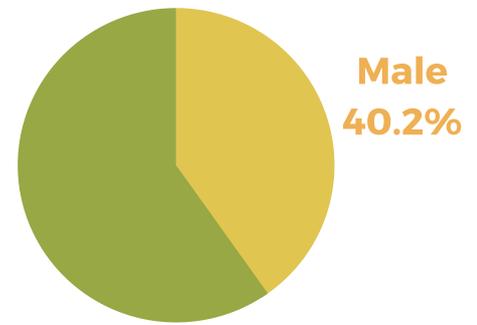


## II. GROUP ORIENTATION

Like group sessions, group orientations were carried out with similar target groups. The orientations lasted about 1 to 2.5 hours, and focused on PFA and COVID-19 and its psychosocial impact and coping. Among the 1182 participants, 112 of them (45 males, 67 females) were below 18 years of age.

N=1182

Female  
59.8%



## C. SPECIALIZED SUPPORT

Female  
29%



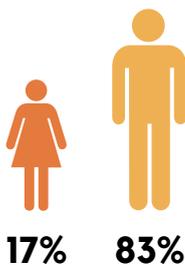
N=219

Specialized support was provided to 219 people. Here, 182 cases were provided with psychiatric support. Overall, 356 sessions were carried out in three months. Total new cases was 131. Thirty-five cases had panic disorder, 39 had anxiety disorder, 33 had depression, 27 had schizophrenia, and remaining had some other form of mental disorder including bipolar disorder, substance use disorder, etc.

Psychotherapeutic intervention services such as CBT, supportive therapy, counseling, psycho education, parent management skills, Gestalt therapy, PMR (Progressive Muscle Relaxation), breathing exercises, IPT (Inter-Personal Therapy), TRE (Tension and Trauma Release Exercise), motivational intervening, exposure therapy, etc. were offered to 37 people.

## D. SUPPORT IN QUARANTINE AND ISOLATION CENTERS

N=6942

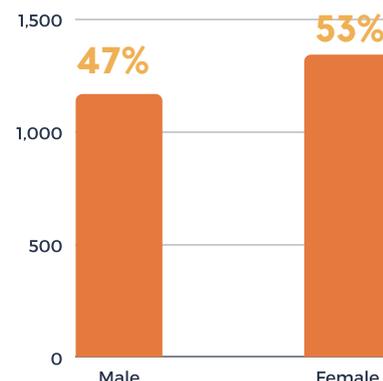


Out of 6942, 713 (491 boys and 222 girls) were below 18 years of age in the quarantine centres, where one visit consisted of at least 2 hours' session in a group. The people residing in those centres were provided information about COVID-19, psychoeducation, tips for stress management along with information about hotline service. Besides, they were also engaged in relaxation exercise, and Psychological First Aid (PFA) was also a part of quarantine and isolation centres' visit. Similarly, individual support was also provided to some people. Support was extended to 144 quarantine centers and isolation centers.

## E. SUPPORT BY CPSWS

Basic emotional support was extended to 2505 people in the community by Community Psychosocial Workers (CPSWs) in group or in person. Out of total, 1341 were below 18 years of age.

N=2505



Note: Among total people of 13,111, approximately, 3% were related GBV cases, 0.1% had suicidal ideation, 1% were LGBTQI and approximately 1% were aged 60 or above.

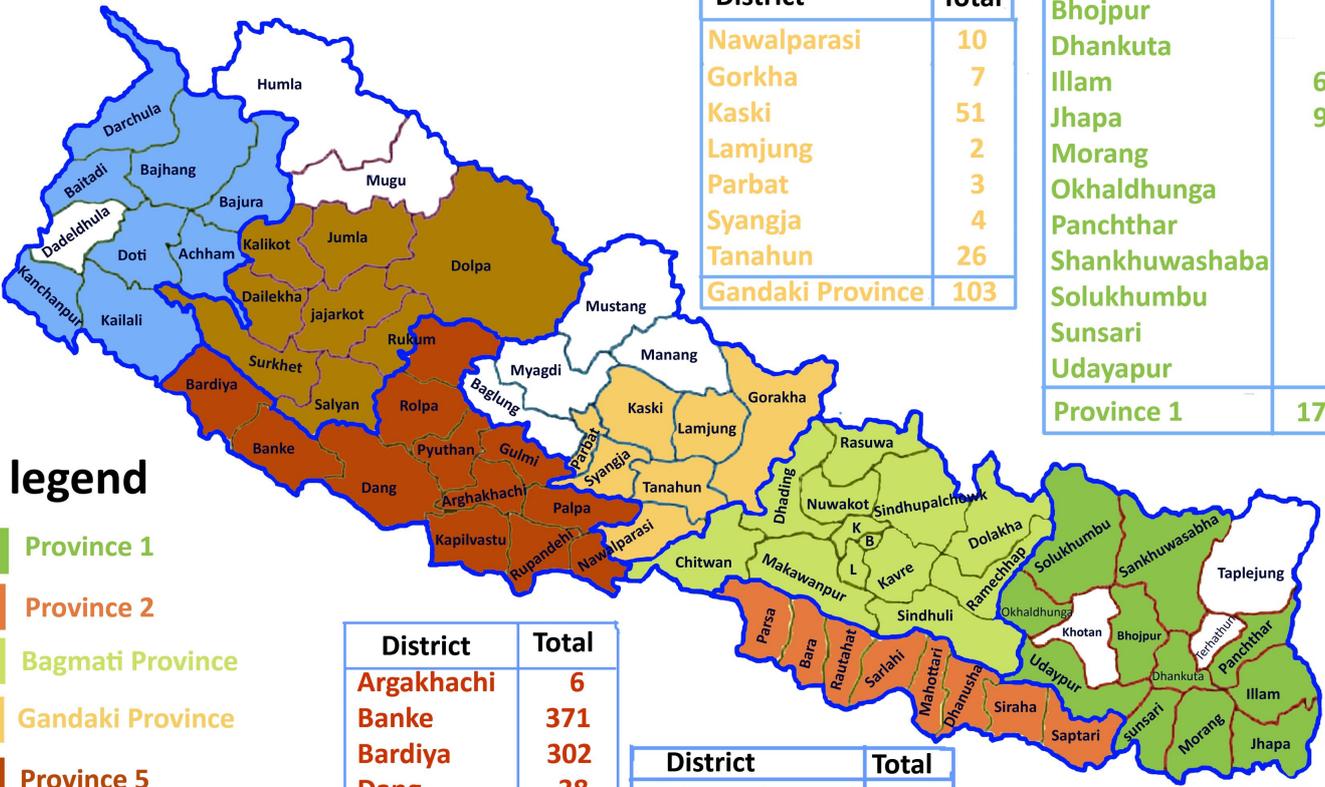
# TPO NEPAL'S SERVICE REACH OUT

District	Total
Achham	6
Baitadi	14
Bajhang	3
Bajura	3
Darchula	9
Doti	3
Kailali	1692
Kanchanpur	811
<b>Sudurpaschim Province</b>	<b>2541</b>

District	Total
Rukum	1
Salyan	6
Dolpa	1
Jumla	343
Kalikot	351
Jajarkot	5
Dailekh	17
Surkhet	3770
<b>Karnali Province</b>	<b>4494</b>

District	Total
Nawalparasi	10
Gorkha	7
Kaski	51
Lamjung	2
Parbat	3
Syangja	4
Tanahun	26
<b>Gandaki Province</b>	<b>103</b>

District	Total
Bhojpur	2
Dhankuta	1
Illam	61
Jhapa	90
Morang	8
Okhaldhunga	4
Panchthar	3
Shankhuwashaba	1
Solukhumbu	1
Sunsari	3
Udayapur	4
<b>Province 1</b>	<b>178</b>



## Legend

- Province 1
- Province 2
- Bagmati Province
- Gandaki Province
- Province 5
- Karnali Province
- Sudurpashchim Province

District	Total
Argakhachi	6
Banke	371
Bardiya	302
Dang	38
Rukum	2
Gulmi	5
Kapilvastu	6
Nawalparasi	15
Palpa	1
Pyuthan	1
Rupandehi	408
<b>Province 5</b>	<b>1154</b>

District	Total
Kathmandu	1087
Lalitpur	34
Bhaktpur	24
Dojalkha	6
Ramachhap	65
Sindhupalchowk	50
Kavrepalanchowk	67
Nuwakot	135
Chitwan	16
Dhading	30
Makawanpur	15
Sindhuli	4
Rasuwa	1
<b>Bagmati Province</b>	<b>1534</b>

District	Total
Rautahat	4
Bara	6
Parsa	890
Sarlahi	1
Dhanusha	1225
Mahottari	926
Saptari	10
Siraha	45
<b>Province 2</b>	<b>3107</b>