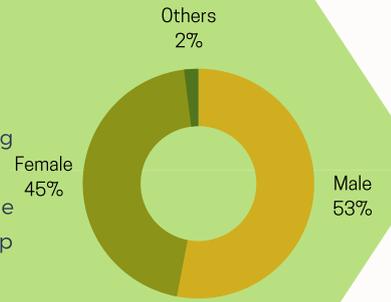


5621 Reached via Regular and MHPSS response during COVID-19

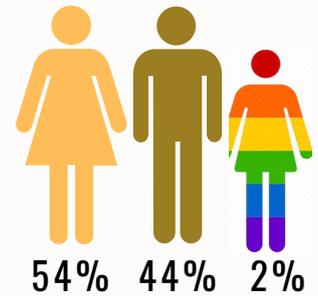
Various types of psychosocial support were extended to people ranging from individual counselling and PFA to group activities. 963 people were reached under center/regular support. 1108 of them were reached through helpline and face-to-face support in the district, and 3550 were reached through group sessions and group orientations.



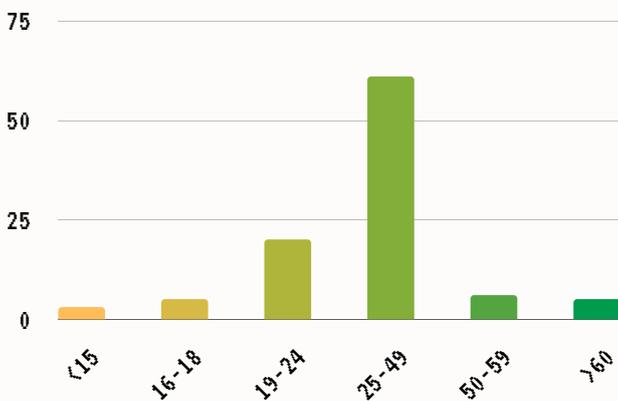
963 Reached from Center/Regular Support

People from all 7 provinces were reached via individual counselling (virtual medium), psychiatric support, helpline (toll free) service under various projects. Overall, 1682 sessions were conducted. Here, 650 cases were new and 313 were follow-up cases. Similarly, 31 cases were referred to legal support and 114 to medical/psychiatrist for specialized support.

200 cases were provided psychiatry consultation. Overall, 261 sessions were carried out in three months. Total new cases were 111. 35 cases had panic disorder, 58 had generalized anxiety disorder, 40 had depression, 29 had schizophrenia, and remaining 73 had some other form of mental disorder including bipolar disorder, substance use disorder, etc.



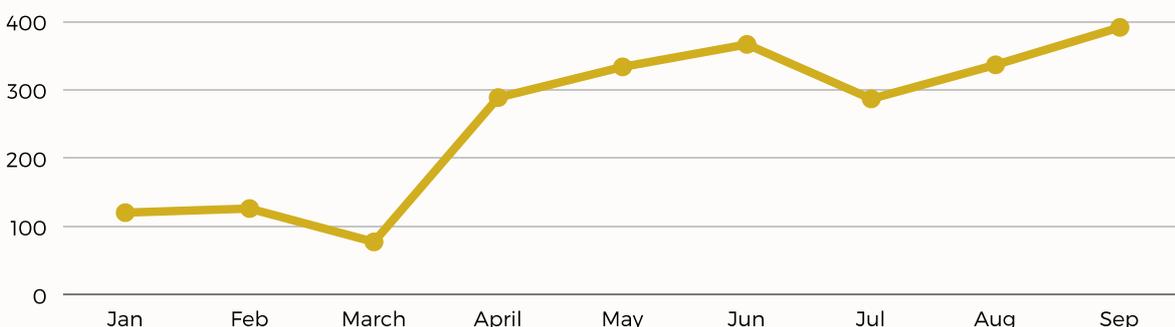
AGE WISE DISTRIBUTION (N=963)



A series of 6 webinar was organized in this quarter. Each webinar was about 2 hours, and had its own major topic which were COVID-19 centered including stress management, suicide prevention, substance abuse, etc. Likewise, 4 PSAs targeting 4 groups of different audience (a) pregnant and lactating mothers, b) women of reproductive age, c) COVID-19 infected and their family members, d) health workers, security forces and other frontline service providers) were developed and were aired through radio stations at Butwal, Bardiya, Surkhet Dang, Banke and Jumla.

Likewise, orientation on mental health and psychosocial well-being was provided to 111 government workers and para psychosocial workers.

The graph below shows the number of people who received service from TPO Nepal in each month from January to September, 2020 (from center and regular projects). We can see that the number of people taking service dropped on July, which was when lock-down was first lifted in Nepal. After July, the number of beneficiaries seeking MHPSS has been increasing progressively until september which is similar to trend from March to June. The number of service user has reached its peak in September.



TRENDS OF MHPSS SERVICES (JAN-JUN, 2020)