

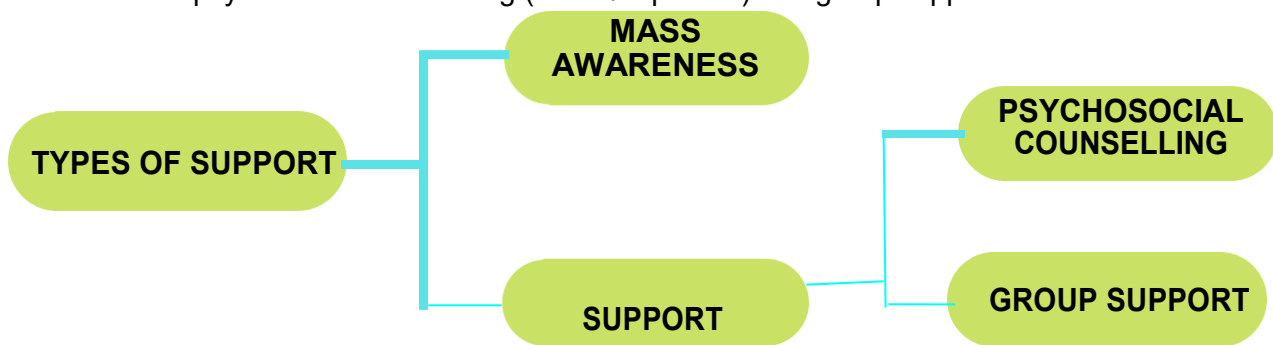
# MHPSS RESPONSE DURING COVID-19

APRIL-JUNE, 2020

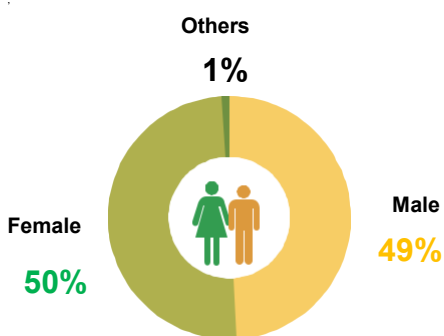
## BACKGROUND

Globally, as of 8:15 pm CEST, 30 June 2020, there have been 10,185,374 confirmed cases of COVID-19, including 503,862 deaths, reported to WHO. Whereas in Nepal, the total number of positive cases have reached 13,562 with a total death count of 29, as of June 30<sup>th</sup>, 2020.

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



## A. PSYCHOSOCIAL COUNSELLING



Psychosocial counseling was provided to 1,256 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. Of those receiving counseling, seventy of them were below 18 years of age. Emotional, behavioral, psychosomatic and relationship related issues were addressed through this service. Psychosocial counselors, clinical psychologists and psychotherapists provided services using various tools and techniques to restore the psychosocial well-being of the cases. Cases were referred to various services as per the need of the individual.

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

## REFERRAL TO VARIOUS SERVICE



85 REFERRED TO PSYCHIATRIST



75 REFERRED TO HEALTH SERVICE



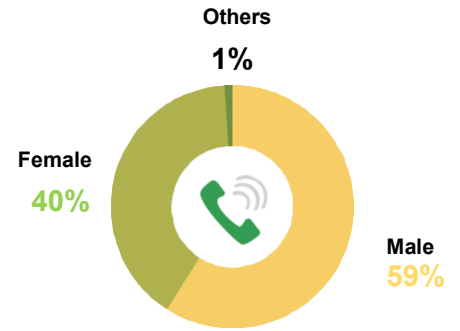
13 REFERRED TO SOCIAL SUPPORT



16 REFERRED TO LEGAL SUPPORT

## I. TOLL-FREE HELPLINE

Toll free helpline services were provided to people directly from the central office. Out of the total, 33 people were aged below 18. Services 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 connecting with psychiatric support were provided. Sleep hygiene tips were also shared with participants with insomnia.



## II. DISTRICT HELPLINE



32%

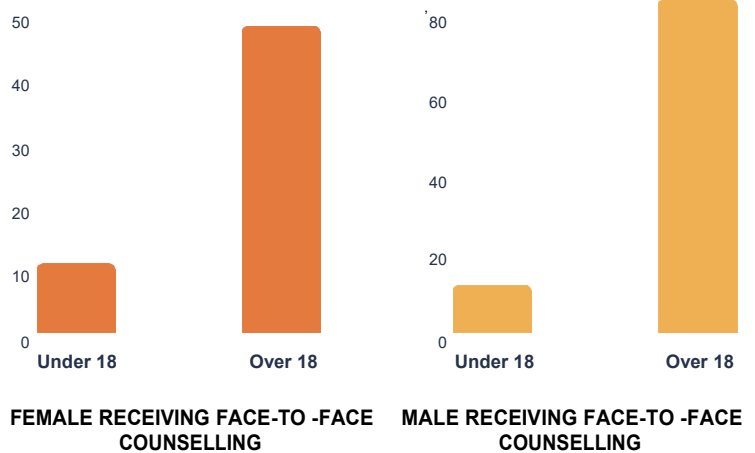


68%

District helpline services were provided via 16 mobile phone numbers in 16 different districts. The services provided were similar to toll-free helpline services. When necessary, referrals were also made to psychiatrists or the central office helpline. Out of 245 people, 14 were aged under 18.

## III. FACE-TO-FACE SUPPORT

Psychosocial counselors used various checklists for psycho-social problem assessments and psychosocial support was provided using various tools and techniques. Out of the 144 cases, 21 cases involved children below 18 years of age.

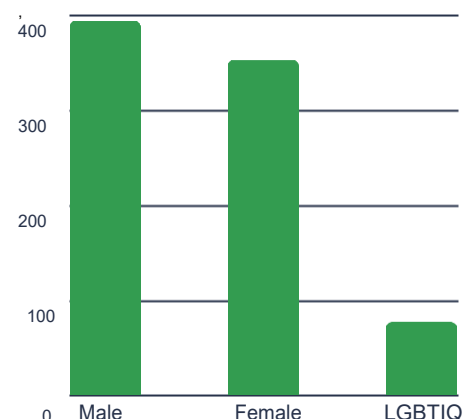


## B. GROUP SUPPORT

Group intervention sessions comprising of group sessions and group orientations ranged from 1 to 3 days (2 hrs. to 7.5 hrs.). During shorter sessions, techniques of stress management relating to COVID-19 situations 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 exercises.

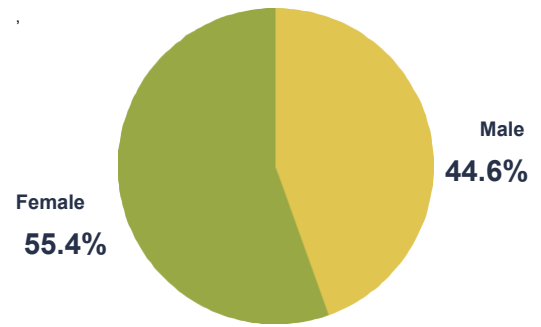
### I. GROUP SESSIONS

Out of the total 821 participants, 62 (31 male and 31 female) of them were below 18 years of age. A total of 26 events of group sessions among 821 participants 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 exercises.



## II. GROUP ORIENTATION

Like group sessions, group orientation was 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 impacts and ways to cope. Among the 891 participants, 79 of them (39 males, 40 females) were below 18 years of age. There was a total of 40 events of group orientation.



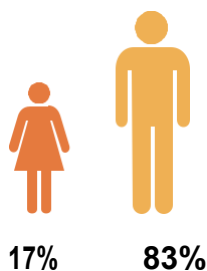
## C. SPECIALIZED SUPPORT



Special support was provided to 195 people. 158 cases were provided with psychiatric support. Overall, 284 sessions were carried out in three months. Total new cases were 131. 35 cases had panic disorder, 34 had anxiety disorder, 25 had depression, 24 had schizophrenia, and the remaining 40 had some other form of mental disorder including bipolar disorder, substance use disorder, etc.

Psychological therapeutic 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.

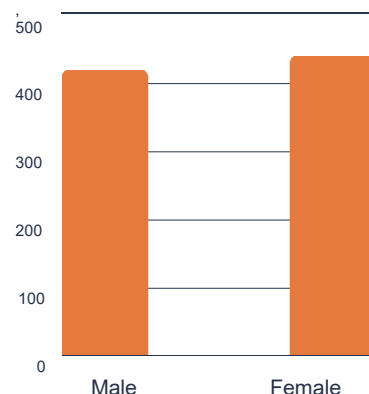
## D. SUPPORT IN QUARANTINE AND ISOLATION CENTERS



Out of 5663 people, 656 (453 boys and 203 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, psycho-education, tips for stress management along with information about hotline services. They were also engaged in relaxation exercises and Psychological First Aid (PFA) was also a part of quarantine and isolation centres' visits. 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 859 people in the community by CPSWs in group or in person. Out of the total, 233 were below 18 years of age.



**Note:** Among 9534 people, approximately, 3% were related GBV cases, 0.1% had suicidal ideation, 1% were LGBTQI and approximately 1% were aged 60 or above.

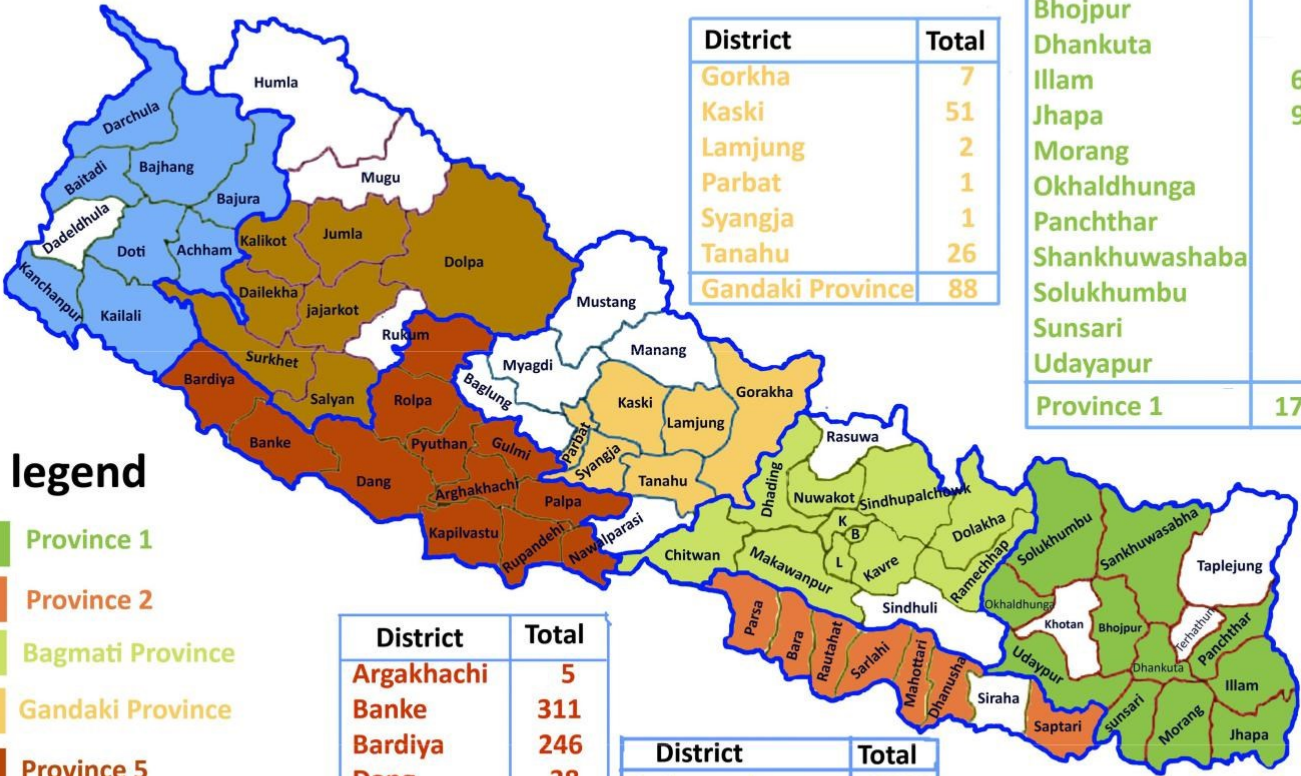
# TPO NEPAL'S SERVICE REACH OUT

| District                     | Total       |
|------------------------------|-------------|
| Achham                       | 6           |
| Baitadi                      | 14          |
| Bajhang                      | 3           |
| Bajura                       | 3           |
| Darchula                     | 9           |
| Doti                         | 3           |
| Kailali                      | 831         |
| Kanchanpur                   | 667         |
| <b>Sudurpaschim Province</b> | <b>1536</b> |

| District                | Total       |
|-------------------------|-------------|
| Salyan                  | 5           |
| Dolpa                   | 1           |
| Jumla                   | 317         |
| Kalikot                 | 345         |
| Jajarkot                | 5           |
| Dailekh                 | 2           |
| Surkhet                 | 3496        |
| <b>Karnali Province</b> | <b>4171</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> |

| District                | Total     |
|-------------------------|-----------|
| Gorkha                  | 7         |
| Kaski                   | 51        |
| Lamjung                 | 2         |
| Parbat                  | 1         |
| Syangja                 | 1         |
| Tanahu                  | 26        |
| <b>Gandaki Province</b> | <b>88</b> |



### legend

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

| District          | Total      |
|-------------------|------------|
| Argakhachi        | 5          |
| Banke             | 311        |
| Bardiya           | 246        |
| Dang              | 38         |
| Rukum             | 3          |
| Gulmi             | 5          |
| Kapilvastu        | 3          |
| Nawalparasi       | 24         |
| Palpa             | 1          |
| Pyuthan           | 1          |
| Rupandehi         | 265        |
| <b>Province 5</b> | <b>902</b> |

| District                | Total       |
|-------------------------|-------------|
| Kathmandu               | 1083        |
| Lalitpur                | 28          |
| Bhaktpur                | 22          |
| Dolakha                 | 6           |
| Ramachhap               | 45          |
| Sindupalchowk           | 48          |
| Kavrepalanchowk         | 42          |
| Nuwakot                 | 135         |
| Chitwan                 | 15          |
| Dhading                 | 29          |
| Makawanpur              | 15          |
| <b>Bagmati Province</b> | <b>1468</b> |

| District          | Total       |
|-------------------|-------------|
| Rautahat          | 4           |
| Bara              | 6           |
| Parsa             | 456         |
| Sarlahi           | 1           |
| Dhanusha          | 458         |
| Mahattori         | 264         |
| Saptari           | 2           |
| <b>Province 2</b> | <b>1191</b> |