

Dealing with the unknown during and beyond the pandemic – Webinar to bring together experts on mental health

WEBINAR ON
COVID-19

ASK THE EXPERTS - Part VIII

Dealing with the Unknown: Mental Health Challenges during COVID-19

8 TH JUNE
2:00-3:30 PM IST

Register:
bit.ly/COVID19ExpertsWebinar8

Sumi Jain
Public Health Consultant
Department of Health
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Vikram Patel
Psychiatrist & Professor
Harvard Medical School
& Sangath, Goa

Lakshmi Ravikanth
Deputy Dean
Banyan Academy of
Leadership in Mental health
(BALM)

Shyam Bhat
Physician & Psychiatrist
Trustee, The Live Love
Laugh Foundation

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For the eighth in the series of webinars COVID-19 Ask the Experts, DBT’s Translational Health Science and Technology Institute (THSTI), DBT-Wellcome Trust India Alliance, IAVI and Nature India brought together mental health experts to address issues related to mental health during and after the COVID-19 pandemic. Experts are of opinion that fear, worry, and stress are normal responses to perceived or real threats, more so during times when one is faced with imponderables such as COVID-19 and it is normal to be scared, worried or stressed in a pandemic.

Alongside the fear of contracting the virus, every one faced significant changes in a country-wide lockdown. People’s movement was restricted to help contain and reduce the spread of the virus. Working from home, temporary unemployment, online classes, and lack of physical contact with family members, friends, and colleagues have become the new realities. The impact of the pandemic and the lockdown on the most vulnerable groups has been deep and far-reaching. More than ever before, it has, therefore, become important that we look after our mental, as well as our physical health.

The webinar has broadly covered the following topics:

- De-constructing fear, worry, and stress during a pandemic
- Dealing with uncertainty and the new ‘normal’
- Stay home - only easy to hashtag?
- Impact of the crisis on the mental health of vulnerable groups, frontline health workers and journalists

- Mental health of those living with COVID-19 – patients and caregivers
- How has COVID changed mental health care? What would it look like post-COVID?
 - ✓ Definition of a support group now that we have to “socially” distance
 - ✓ Role of technology in mental health care: opportunities and risks
- Role of the government in mobilising support and resources for mental health care during and after the pandemic
- Mental health research – dealing with redefined research priorities, setbacks and related opportunities due to COVID-19

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