

CMC–Nepal's Response in COVID–19 Pandemic Situation



July 9, 2020

Introduction of CMC–Nepal

- ▶ CMC–Nepal is a national NGO, working in mental health and psychosocial field, established in 2003.
- ▶ It main aim is to increase access of mental health and psychosocial services into the existing health care service/I/NGOs through developing human resources, creating awareness and advocacy at local, provincial and federal level.



Legends

	1. Community Mental Health Programme
	2. School Mental Health Programme
	3. Psychosocial Support to SaMi Project
	4. Gender based Violence Response & Prevention Project
	5. Bharosa Project
	6. Inclusive Community Mental Health Programme
	7. Psychosocial Support to the Conflict Affected People

Major activities implemented in COVID-19 pandemic situation

- ▶ Development of tele-counselling, PFA and stress management guideline in all settings (individual, family, quarantine, safe houses, OCMC).
- ▶ Child and Adolescent COVID 19 MH package with KCH-CAMH team.
- ▶ Individual tele-counseling and mental health services from groups of 10 mental health experts, assigned experts in toll-free number and at community level.
- ▶ Training and backstopping of frontline workers (CPSW, MHSW, PS counsellors, Case Managers) and mobilizing them in providing service at family, group and quarantine.
- ▶ Stress management to the frontline workers, health workers, security forces and I/NGO staff

Major activities implemented in COVID-19.....

- ▶ Mental health and psychosocial awareness through media (CIN, Ujayalo network, district FM radios, national television, on-line portal, newspapers)
- ▶ Maintained regular supply of psychotropic medicine at health facility/client level in coordination of local government, SHG and Medicine Supplier
- ▶ Participation and contribution to the Protection, Education cluster, MHPSS and GBV sub cluster at Federal level and health and education cluster of provincial level to prepare/implement response plan
- ▶ CMC-Nepal translated WHO resource materials and contextualized
 - *Public Health and Psychosocial Consideration at Schools during COVID-19 situation*
 - *Work place related public health consideration*
 - *Helping children to cope with stresses during COVID-19*
 - *Coping with stresses in COVID-19 pandemic situation*

MHPSS Response at central level

- ▶ MHPSS sub cluster established and regular meeting organized in leadership of EDCCD and WHO
 - Participation also from the provincial level
- ▶ MHPSS response plan developed and implemented
- ▶ NGOs are made responsible to coordinate MHPSS response activity at province level
- ▶ Supported to the organizations / province to focus response at quarantine, suicide prevention, stress management of the health workers and frontline workers and organizing refresher training to health workers (management of acute stresses, suicidal thought, grief reaction and PTSD)
- ▶ Development of MHPSS response materials

Service coverage

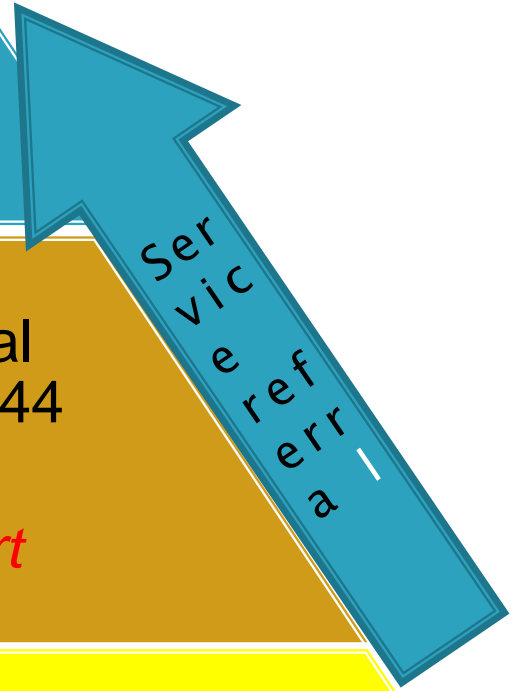
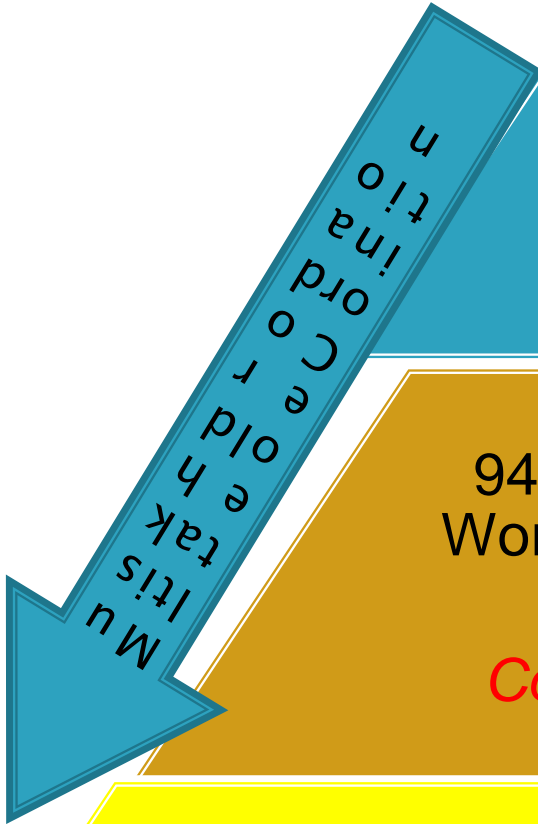
Psychiatrists,
Clinical Psychologists,
Psychologists (11)
Specialized MH service

41 Psychosocial Counsellors,
Case Managers and
Psychologist for psychosocial
counselling
Focused-Non specialized

94 CPSW and 124 Psychosocial
Workers in 189 municipalities of 44
districts –

Community and Family Support

**Social consideration in basic service and
security**



मानसिक स्वास्थ्य र कोरोना भाइरस (कोभिड-१९) लाई सम्बोधन गर्न सञ्चालित सेवाहरुको बारेमा जानकारी

कोभिड-१९ ले निम्त्याएको संकटको यस समयमा यदि तपाईंलाई दैनिक जीवनमा आएका परिवर्तनहरु सामना र समाधान गर्न कठिन भइरहेको छ भने तपाईंलाई मनोवैज्ञानिक, मनोसाजिक वा मानसिक स्वास्थ्य सहयोग आवश्यकताको महशुस भएमा विभिन्न संघ-सस्थाहरुले सञ्चालनमा ल्याएका हेल्प लाइनमा फोन गरी सेवा लिन सक्नु हुनेछ ।

संस्था	हेल्प लाइन अन्तर्गत टोल फ्रि नं
टिपिओ नेपाल	१६६० ०१० २००५
सिएमसि नेपाल	१६६० ०१८ ५०८०
कोशिस नेपाल	१६६० ०१२ २३२२
आत्महत्या रोकथाम र मानसिक स्वास्थ्य सहयोग केन्द्र	१६६० ०१२ २२२३
* यी माथिका नम्बरहरुमा टेलिकमको नेटवर्कबाट फोन गर्दा पैसा लाग्दैन ।	
संस्था	हेल्प लाइन नम्बरहरु
त्रि. वि. शिक्षण अस्पताल महाराजगंज मनोचिकित्सा हेल्प लाइन	९८४९६३०४३०
त्रि. वि. शिक्षण अस्पताल महाराजगंज, आत्महत्या रोकथाम हेल्प लाइन	९८४००२१६००
कान्ति बाल अस्पताल, बालमनोचिकित्सा हेल्प लाइन	९८०८५२२४१०

माथिका यी सबै नम्बरबाट निशुल्क मनोवैज्ञानिक, मनोविमर्श तथा मानसिक स्वास्थ्यका सेवा पाइन्छ ।



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय

Tele-counseling Service

Toll Free No.
16600185080



मनो सामाजिक सेवा

कोरोना भाइरस बपावतका महामारी वा विपद्को समयमा पिन्ला, उदास हुने, डर लाग्ने, फर्को लाग्ने, पिन्दाका साथसाथै आफ्ना आफू मन लगाउने जस्ता समस्याहरु देखिन सक्छन् । यो कारणले दैनिक जीवनमा कठिनताई भै समस्या भएमा मनोसाजिक परामर्शकर्तासँग सङ्घर्ष लिन सक्नुहुनेछ ।
मनासाजिक परामर्श वा सङ्घर्षको आवश्यकता भएमा टी.एम.सी.-नेपालमा पैसा नलाग्ने टोल फ्री नम्बर १६६००१८५०८० वा

वा
राष्ट्रिय महिला बाधोगको फि.सु.क हटलाइन नम्बर ११५५
वा
अन्य सेवा प्रदायकलाई सम्पर्क गरी मद्दत लिन सक्नुहुनेछ ।



Protection Cluster Nepal
संयुक्त संरक्षण क्लस्टर नेपाल



राष्ट्रिय मानसिक स्वास्थ्य सेवा केन्द्र नेपाल
राष्ट्रिय मानसिक स्वास्थ्य सेवा केन्द्र नेपाल



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय

नेपाल सरकार, महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय, संरक्षण समूह र टी.एम.सी - नेपालद्वारा
बनोटितका जारी गर्दै



Galyang, Syangjya



Gauriganga, Kailali

PFA at
Quarantine



Tatopani, Jumla



Janaki-3, Banke

Orientation on “Stress Management” to Nepal Police and APF at Dailekh

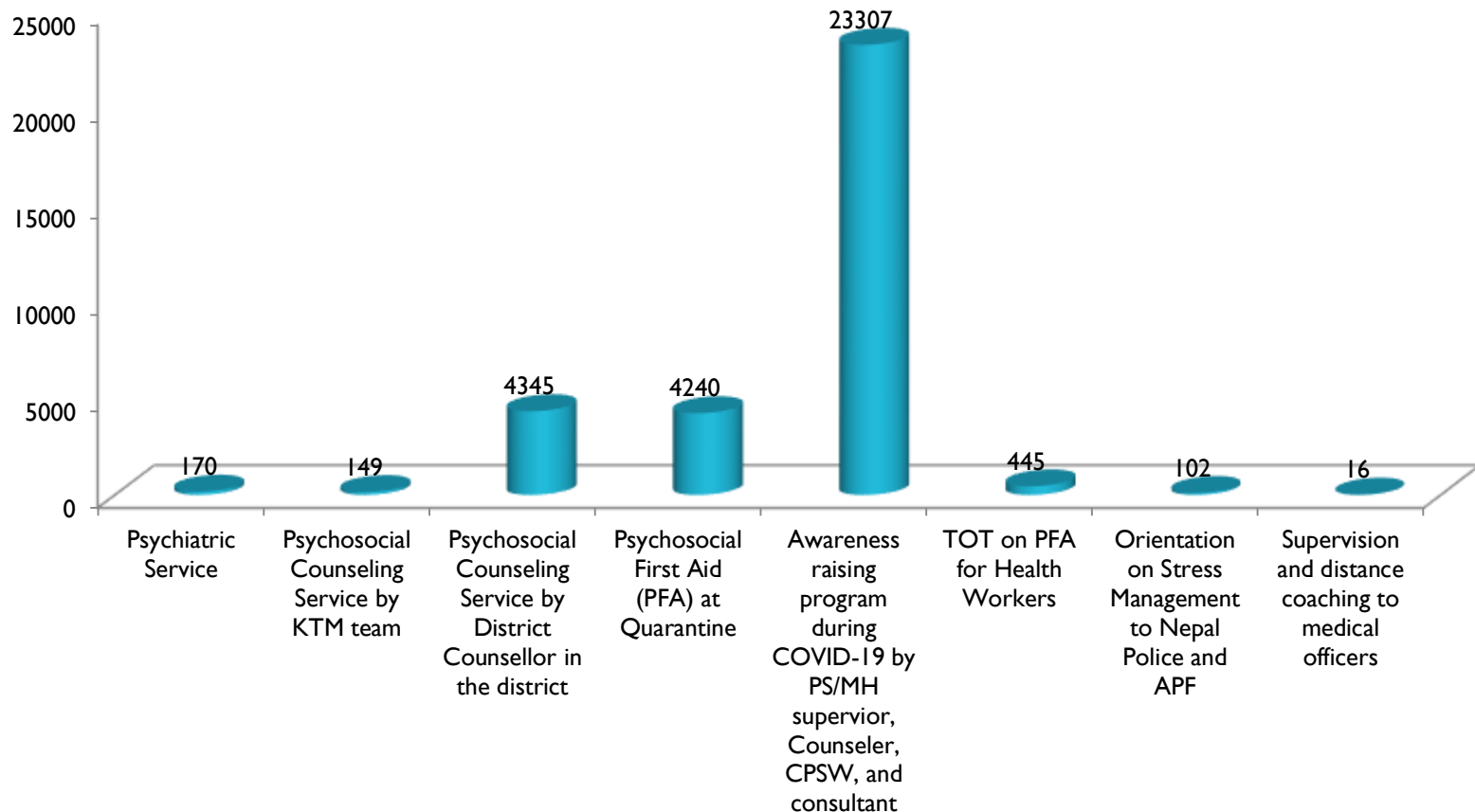
(97 Male and 5 Female Benefitted)



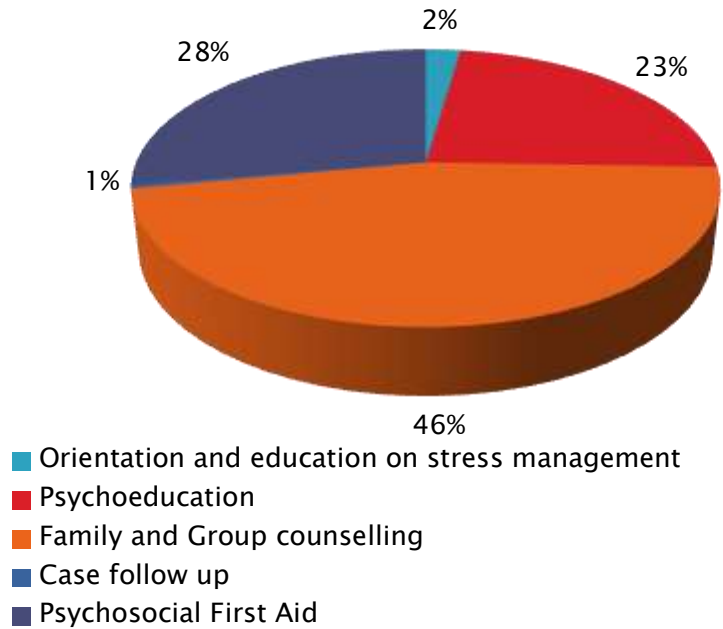
Service-wise Beneficiaries Distribution

(March 23– July 3, 2020)

Total Beneficiaries= 32,774



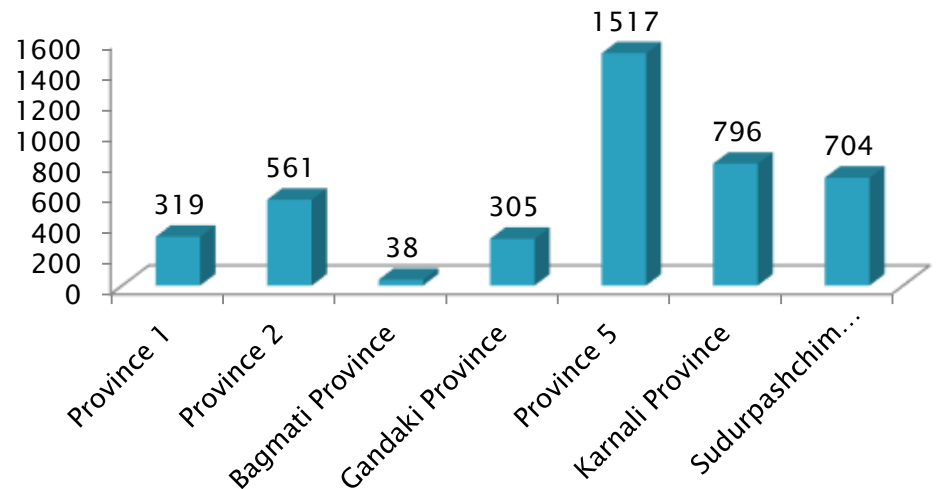
Total Beneficiaries= 23, 307



Awareness raising program during COVID-19 by PS/MH supervisor, Counselor, CPSW, and consultant

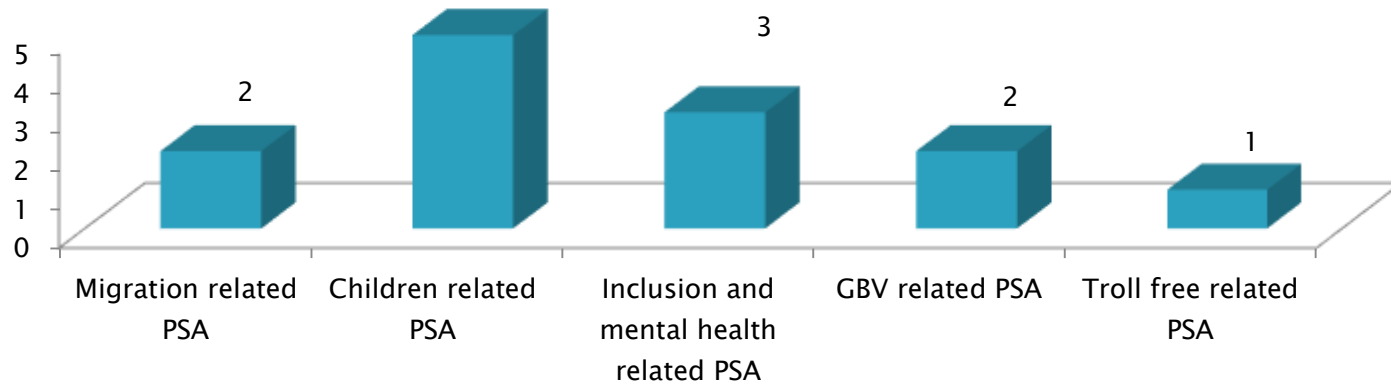
PFA at Quarantine

Total Beneficiaries= 4240



Developed PSA during COVID-19 Response

Total Number= 13



Sample of Media Coverage/Link

- ❖ [Article on Ujyaaloonline.com 4.5.2020 on domestic violence and mental health](#)
- ❖ [Article on Mahilaswashya.com 4.7.2020 on corona death and fear](#)
- ❖ [Interview at Desh Pradesh program 5.13.2020 on foreign employer and stress reduction](#)
- ❖ [Radio awareness program 5.13.2020 on stress and coping mechanism during COVID-19](#)
- ❖ [Interview on Milijuli Corona Capsule program 5.11.2020 on corona virus and its psychological effect on health](#)
- ❖ [Interview on NTV 4.27.2020 on corona virus and its psychological effect on health](#)
- ❖ [Radio awareness program 4.20.2020 on corona virus awareness and information](#)
- ❖ [Article on Pahura.com 6.18.2020 on mental health and mind](#)
- ❖ [Online news on Karnali post daily 6.7.2020 on psychosocial counselling at quarantine](#)

Key Achievement

- ▶ Tele-counselling and mental health service went well
 - guideline developed, provided orientation and regularly backstopped
 - A group of experts prepared and provided the contact to the clusters, networks, radios
 - Toll-free number taken and oriented to the field level staff
- ▶ PFA at quarantine went well
 - PFA guideline developed, provided training, on-site coaching to the front line staff
 - Regular backstopping
 - Local government cooperated in mobilization of front line workers—they managed to conduct face to face psycho-education and group counselling
- ▶ Gauriganga Municipality of Kailali and Siddhakumakh RM of Salyan has been able to allocate budget under school mental health headings and also considering the impact of COVID-19

Key Learning

- ▶ Local and Provincial level coordination should be increased for ensuring the effectiveness and sustainability of delivered service
- ▶ Continuous backstopping support and supervision to the front line workers is needed to enhance the quality of service delivery and referral mechanism and in the management of complicated cases
- ▶ Use of social media and local media coordination helps to create COVID 19 awareness in the local communities.
- ▶ Telephone support/counseling has immensely supported GBV survivors to obtain quick information
- ▶ PFA can be the effective mechanism to reach out to maximum number of beneficiaries and this has been proved by the increased demand of PFA and PSS sessions at field level



**Time4Action
COVID-19 Response**

We are not alone ! We are together !!!

Any Queries???
Thank you for your Attention

