

COVID-19 AND MENTAL HEALTH – REFLECTION ON INDIVIDUALS, ORGANIZATIONS AND HEALTH SYSTEMS

WEBINAR 14: EHMA AND COVID-19



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Mental Health – definition:

Mental health includes our emotional, psychological, and social well-being.

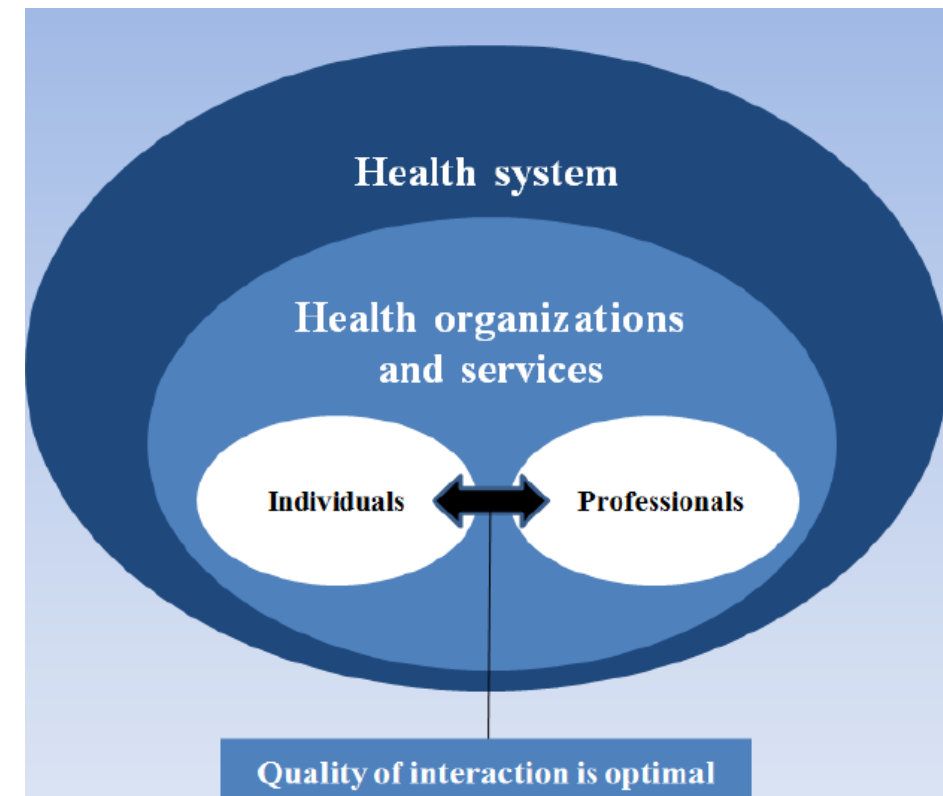
It affects how we think, feel, and act. It helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Covid 19 matrix and Mental health

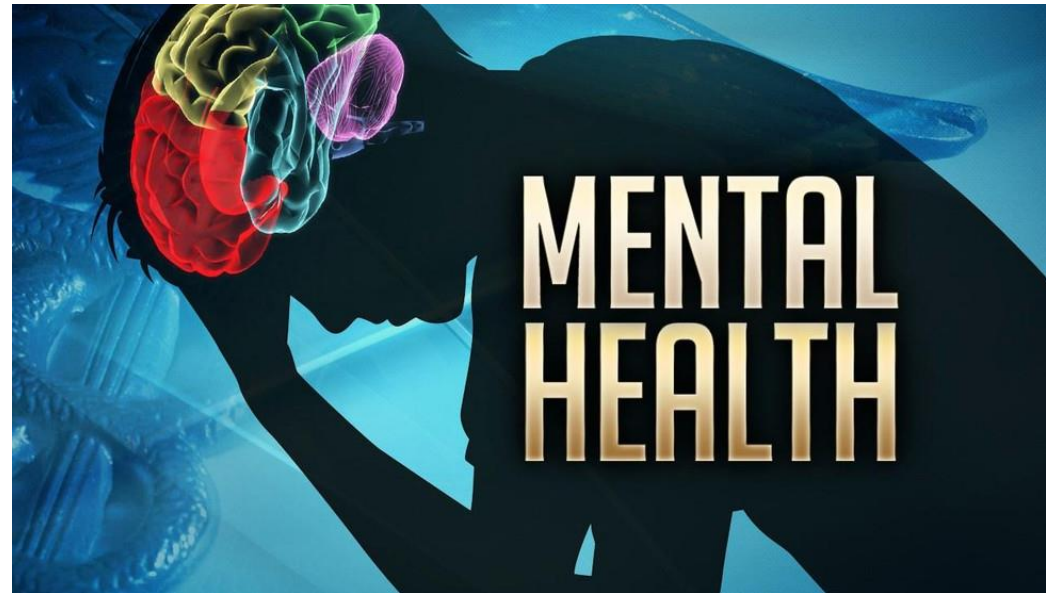
Reflection on:

- individuals
- organizations and
- health systems



Covid 19 virus influences on:

- ✓ Environment
- ✓ Economy
- ✓ Equality
- ✓ Emotions
- ✓ Emergancy concept of healthcare (?)



Small Corona virus in the short period have developed a lot of *big* problems on our planet and human population.

Covid 19 matrix and Mental health in Serbia



- Ministry of Health
- Public Health Institutions network
- Institute for mental Health
- NGOs
- Red Cross Serbia...

Protect yourself! Be responsible to yourself and to others!

CONTACT US

	19 819 INFORMATION LINE FOR ALL QUESTIONS ABOUT COVID-19		19 920 SUPPORT FOR THE ELDERLY
	COVID-19 INFO		CHECK YOUR MEDICAL SYMPTOMS

If you want to volunteer, please register online: www.budivolonter.gov.rs

- Academia /Universities /Faculties
- Association of Psychotherapist's Societies in Serbia
- Group Analytic Society Belgrade
- Society of Psychoanalytic Psychotherapists of Serbia
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Covid 19 matrix and Mental health

- ❑ some actions in Serbia
- ❑ lessons learned and future actions



Mental Health Forum established on Faculty of Medicine University of Novi Sad (online) - activities and messages

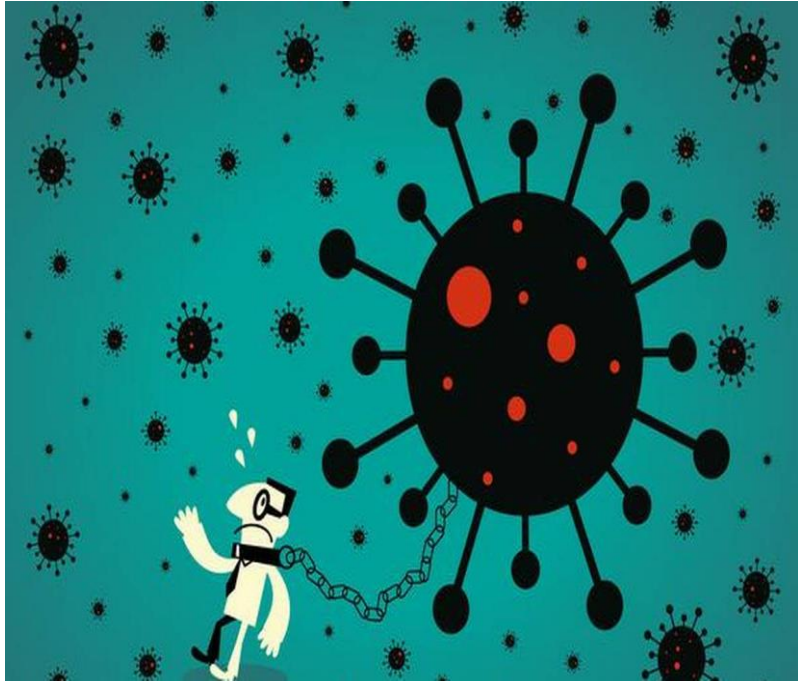
The topics initiated at the Forum were in deep connection with Covid 19 crisis:

- trust/mistrust (of citizens) in healthcare system
- burnout syndrome among healthcare professionals
- lockdown of all, especially people above 65 years
- health literacy and health culture (wearing masks)
- social/physical distance (terms and differences)



Covid 19 matrix and Mental health

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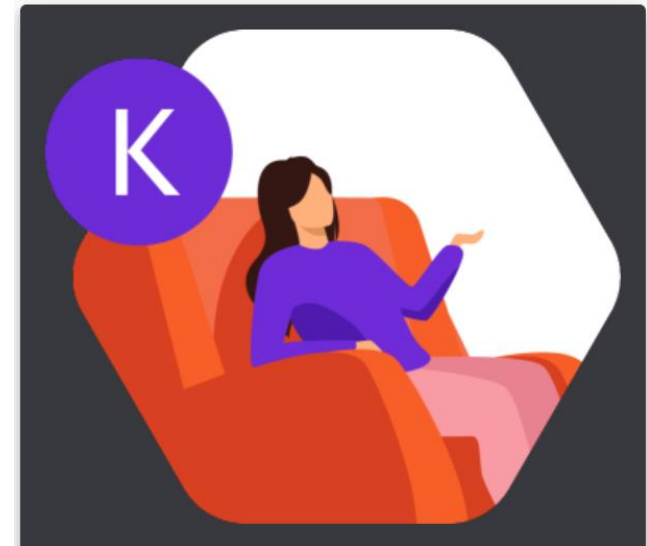
- ❑ With more than 400 volunteers.
- ❑ over 2000 interventions have been provided (still ongoing).

Initiative of Association of Psychotherapist's Societies in Serbia – established voluntary online psychosocial support, using different models of communications channels.

Supervisors : Zoran Milivojevic, Aleksandra Bubera, Marija Stojkovic, Tijana Mirovic, Radmila Vulic Bojovic, Gordana Nikic, Istvan Pete, Vesna Petrovic, Snezana Kecojevic Miljevic

PODRŠKA PSIHOTERAPEUTA

BESPLATNA PSIHOTERAPIJSKA PODRŠKA
U KRIZI COVID-19

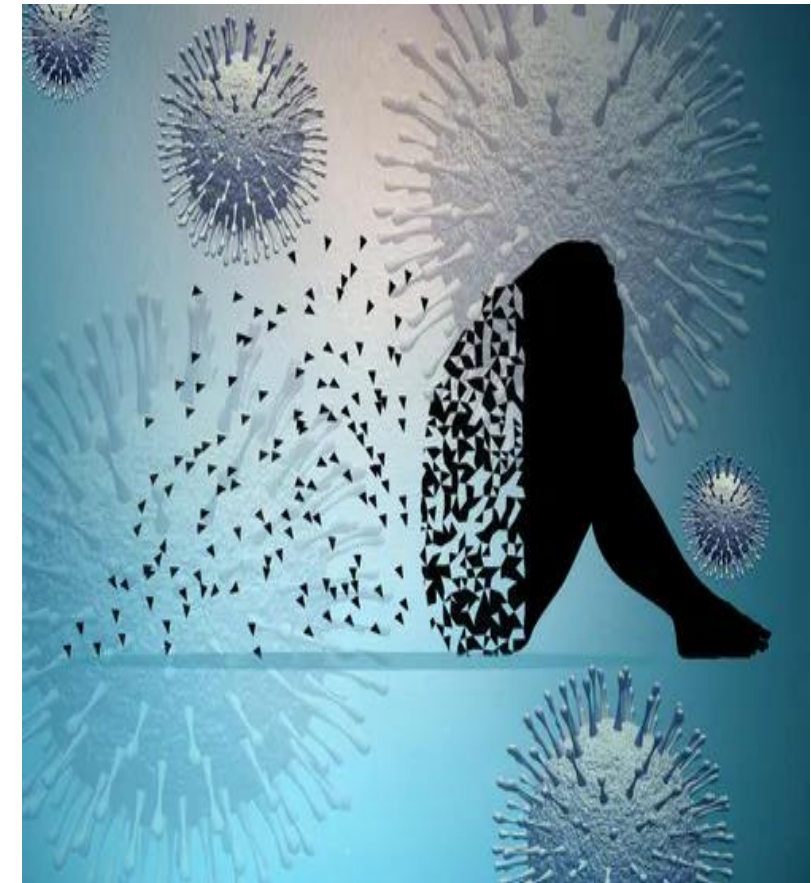


Tražite razgovor?

<https://podrskapsihoterapeuta.com/home>



- Place and role of psychotherapy in the health systems ...
- Place and role of psychotherapy for health systems.
- Supporting the healthcare system (direct and indirect ...) through psychosocial support



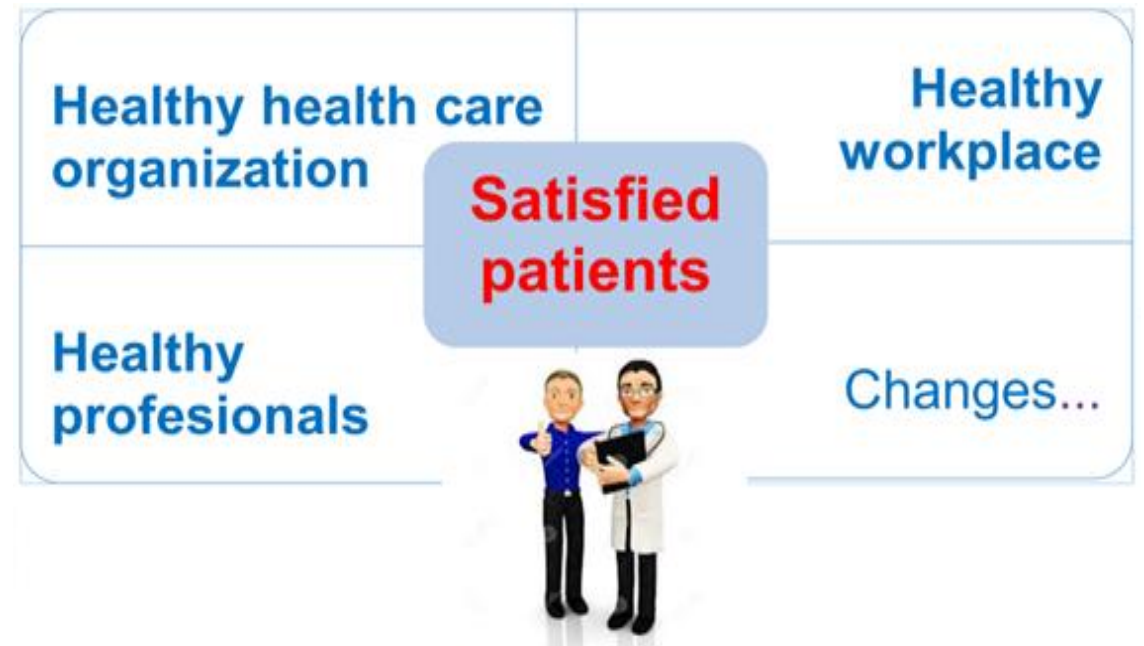
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Initiative of Group Analytic Society Belgrade –
online groups for health professionals leading by
group analysts.



<http://www.grupnaanaliza.org.rs/>



For take away:



Mental Health-Everybody's Business

COVID-19 MENTAL HEALTH COLLABORATION



RESEARCH



GOAL



IMPACT





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***Thank you for your
attention!***

Stay healthy!

