



# COVID-19 and mental health: reflection on individuals, organizations and health systems

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# Who we are

# WHO WE ARE



We are a **European non-governmental network organisation** committed to:

- the **promotion** of positive mental health,
- the **prevention** of mental distress,
- the **improvement of care**, advocacy for social inclusion and the protection of the rights of (ex)users of mental health services, persons with psychosocial disabilities, their families and carers.

« We advocate for **positive mental health and wellbeing** and for the **rights of people living with mental ill health** and we raise awareness to **end mental health stigma** ».



**30**

years of advocacy



**73**

member organisations



**30**

different countries



**5**

Strategic priorities

# ADVOCACY & POLICY

- We work closely with the **European Institutions and international bodies**
- Together with our members, **we formulate recommendations for policy makers** to develop mental health friendly policies
- MHE places **users of mental services** at the centre of its work
- We are careful in preserving our **independence** from industrial interests



# OUR PRIORITIES

- Promoting a **psychosocial model of mental health** as opposed to a bio-medical model
- Involving **users of mental services** in decision making processes
- Focusing on **recovery based community mental health** services

Specific focus 2020-2021:

- **Vulnerable groups** (e.g. youth, migrants)
- **Transparency**
- **Social Policy**
- **UN CRPD**
- **Good practice exchange**
- **Peer workers network**



Understanding Mental Health



Social Europe



Human Rights



Mental Health & Work



Recovery Community-based  
Services

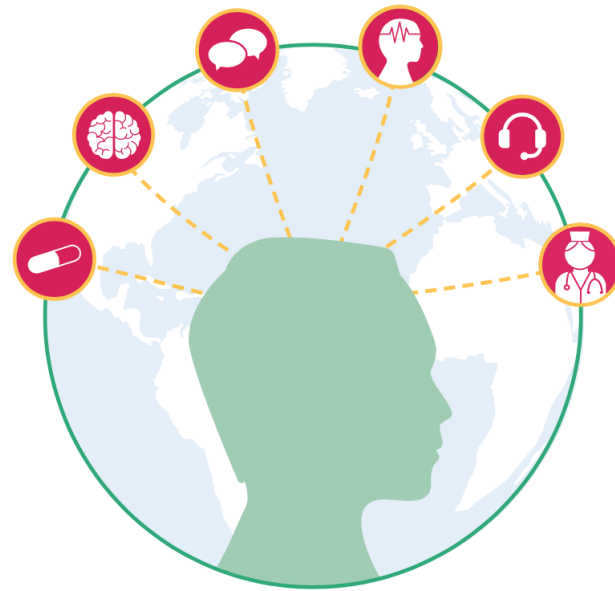


Projects & Campaigns

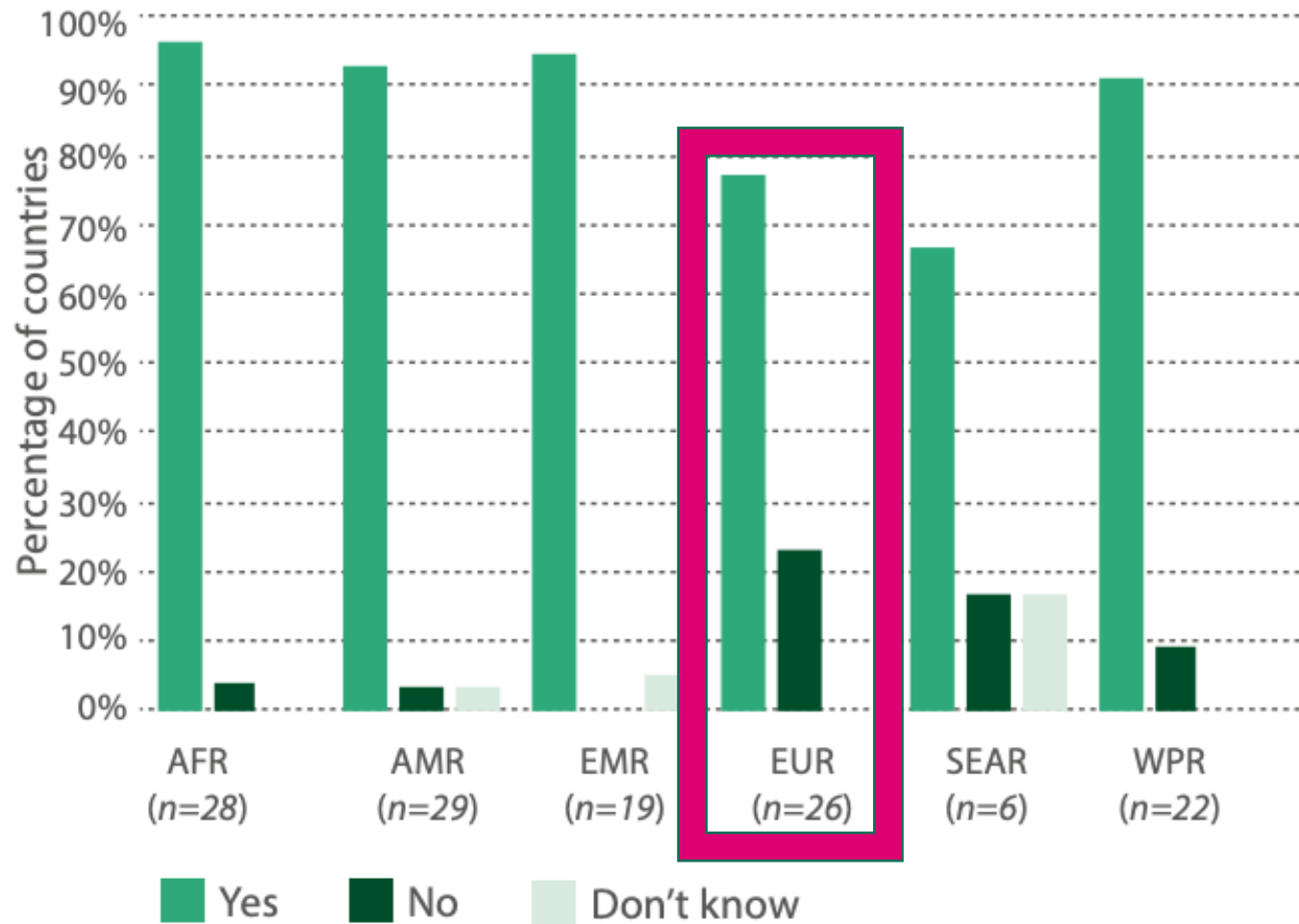
# Mental health and psychosocial support (MHPSS)

## The impact of COVID-19 on mental, neurological and substance use services:

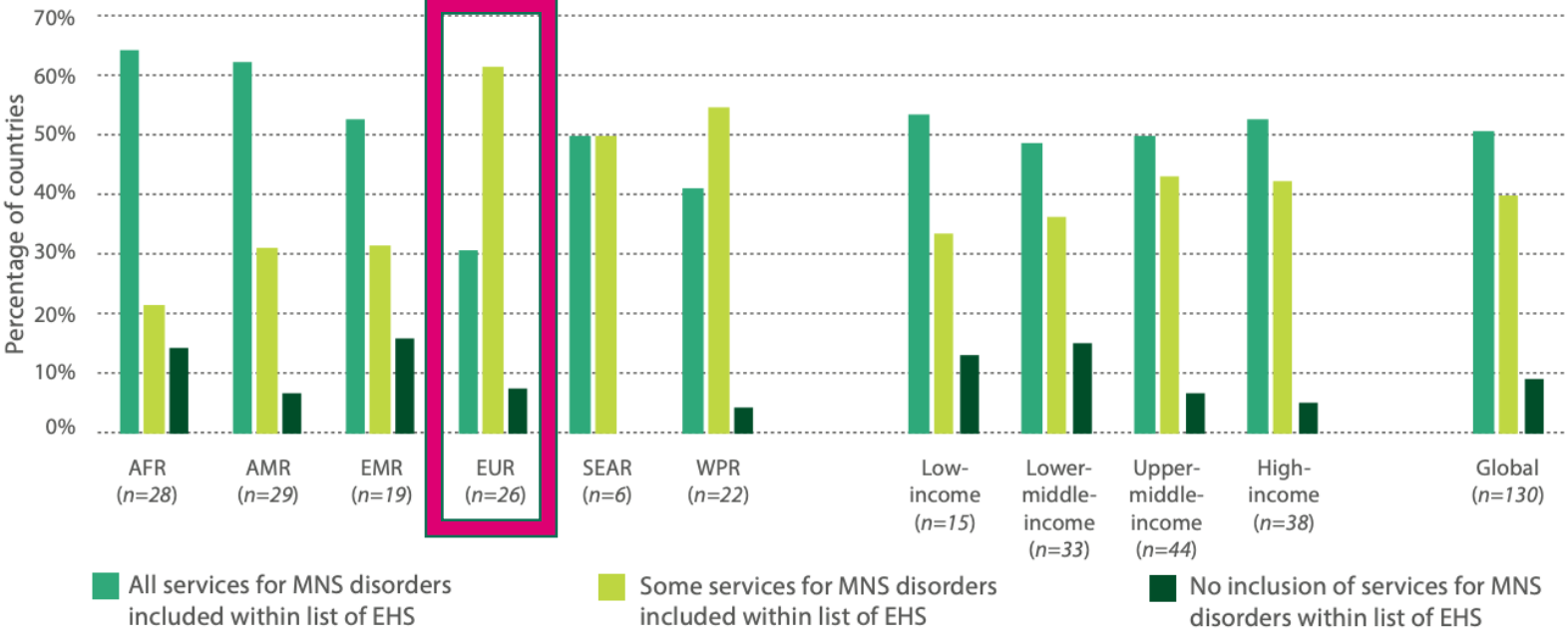
results of a rapid assessment



## MHPSS as part of COVID-19 response plans

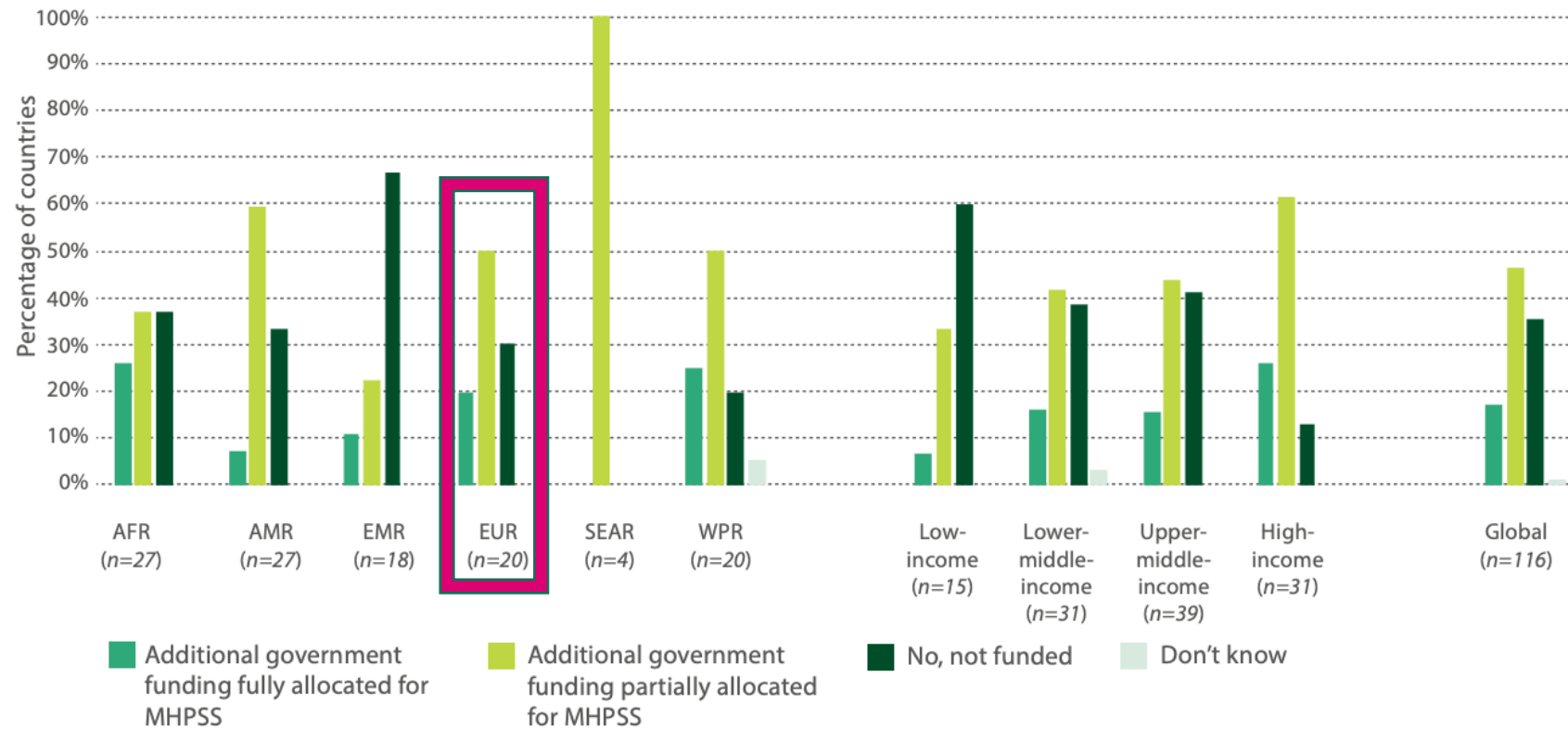


# Countries including services for mental health in the list of essential health services



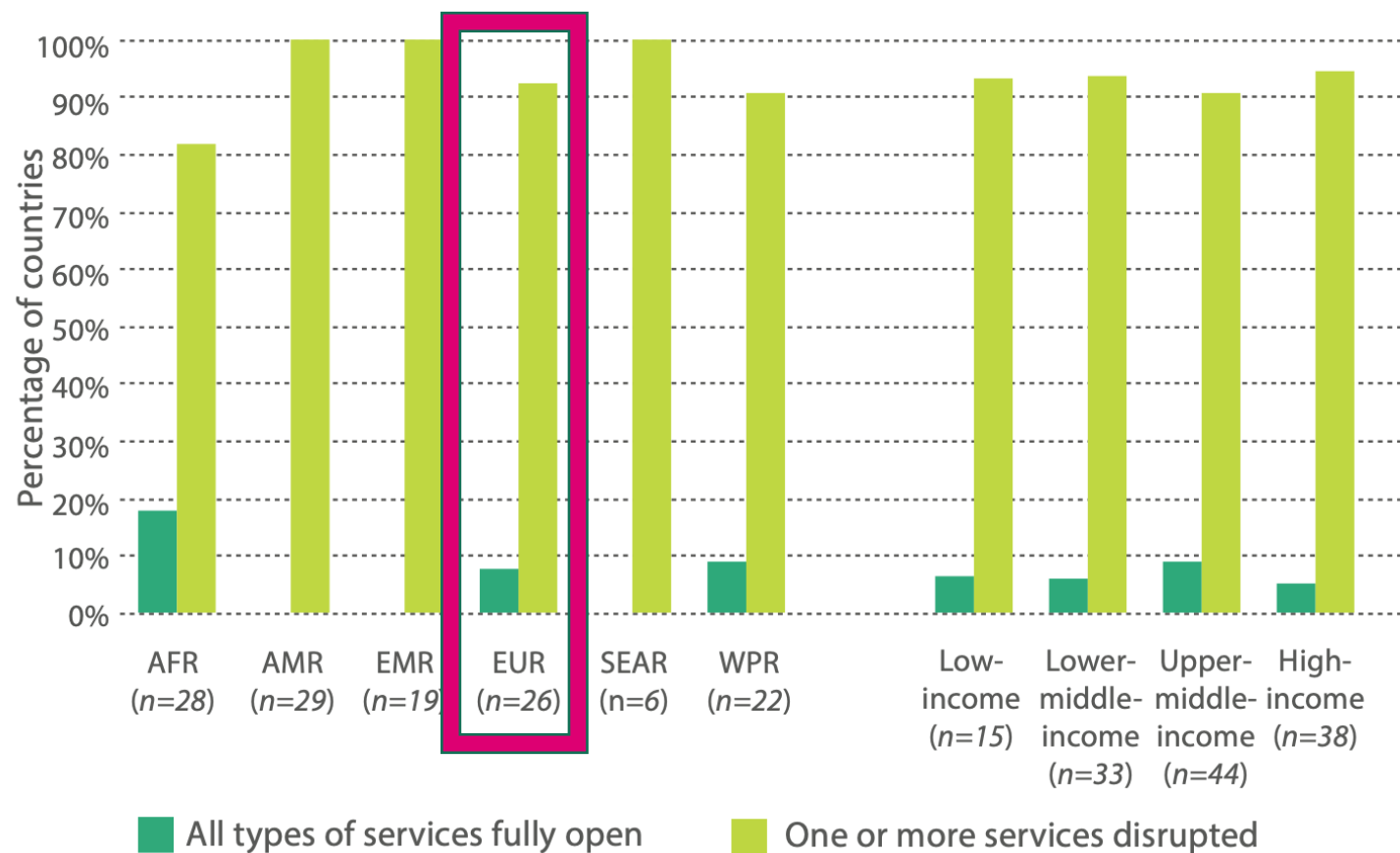
Source: The impact of COVID-19 on mental, neurological and substance use services: results of a rapid assessment. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO.

## Funding for MHPSS as part of COVID-19 response plans

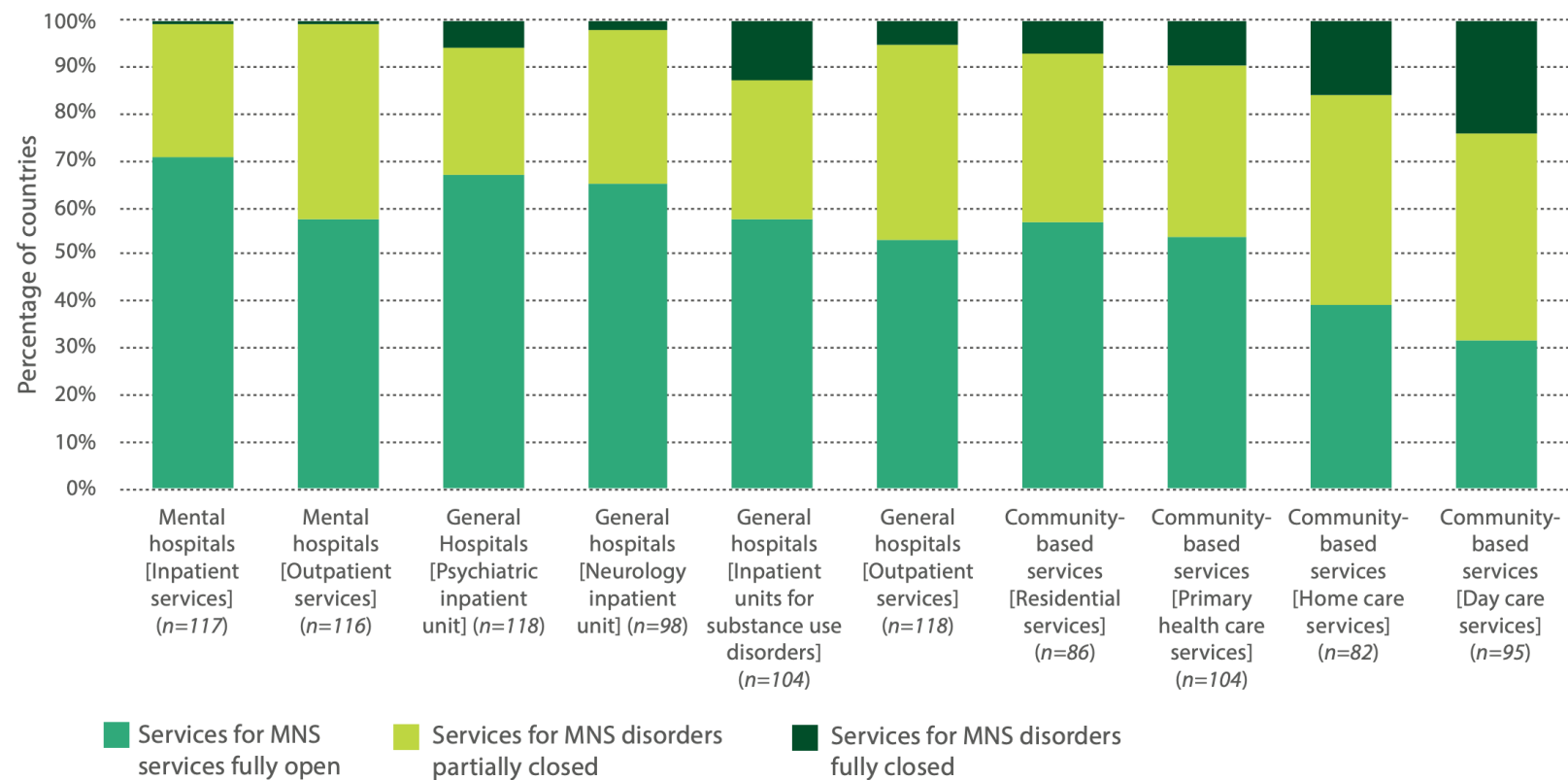


# Mental health services during the COVID-19 pandemic

## Status of mental health services



## Disruptions in mental health services by category



## Leading causes of disruptions

Causes	Percentage of countries
Decrease in outpatient volume due to patients not presenting	62.3 %
Travel restrictions hindering access to the health facilities for patients	53.8 %
Decrease in inpatient volume due to cancellation of elective care	46.9 %
Closure of outpatient services as per health authority directive	33.8 %
Closure of outpatient disease specific consultation clinics	33.1 %
Clinical staff related to MNS disorders deployed to provide COVID-19 relief	31.5 %
Insufficient staff to provide services	31.5 %
Insufficient Personal Protective Equipment available for health care providers	27.7 %
Closure of population level programs	24.6 %
Unavailability of health products at health facilities	23.8 %
The clinical set up has been designated as COVID-19 care facility	19.2 %
Inpatient services/hospital beds not available	12.3 %

## Approaches to overcome disruptions

Approaches	Percentage of countries (n=130)
Tele-medicine /tele-therapy deployment to replace in person consultations	70.0
Helplines established for mental health and psychosocial support	67.7
Specific measures for infection prevention and control in mental health services	65.4
Self-help or digital format of psychological interventions	53.8
Triaging to identify priorities	49.2
COVID-19 health care providers trained in basic psychosocial skills	44.6
Discharge or redirection of patients to alternate health care facilities	44.6
Task shifting / role delegation	37.7
Home or community outreach services	33.1
Novel supply chain / dispensing approaches for medicines for MNS disorders	32.3
Recruitment of additional counsellors	20.8

# QUESTIONS





**Thank you for your attention!**

**[www.mhe-sme.org](http://www.mhe-sme.org)**

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