

# COVID 19

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HEALTH

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1

## INTERNATIONAL TSUNAMI OF MENTAL HEALTH PROBLEMS

- 1. MAJOR CHANGES IN LIFESTYLE
- 2. FEAR OF THE UNKNOWN (PERSONAL AND LOVED ONES)
- 3. PHYSICAL PROBLEMS UNATTENDED
- 4. SOCIAL ISOLATION (QUARANTINE)
- 5. FINANCIAL INSECURITY

2

## WHAT MENTAL HEALTH PROBLEMS ?

- 1. STRESS CAUSING RELAPSE OF PATIENTS WITH CONTROLLED PSYCHIATRIC CONDITIONS
- 2. WORSENING OF EXISTING CONDITIONS
- 3. MALADAPTIVE WAYS OF DEALING WITH STRESS, MAINLY ALCOHOL AND SUBSTANCE ABUSE

3

## WHAT MENTAL HEALTH PROBLEMS ?

- 4. NEW ONSET ANXIETY-DEPRESSIVE DISORDERS
- 5. PRECIPITATION OF SERIOUS MENTAL ILLNESS IN PREDISPOSED INDIVIDUALS

4

## MALTA AND GOZO

- THIS INCREASE IN MENTAL HEALTH PROBLEMS ALREADY EVIDENT

5

## COVID-19 REPERCUSSIONS IN THE GOZITAN POPULATION MENTAL HEALTH ASSOCIATION GOZO PERSPECTIVE

- TO PROMOTE POSITIVE MENTAL HEALTH AND TO ACTIVELY SUPPORT PERSONS WITH A MENTAL ILLNESS, THEIR FAMILIES AND CARERS BY IDENTIFYING THEIR NEEDS AND ADVOCATING THEIR RIGHTS.
- PUBLIC HEALTH EMERGENCIES AFFECTED THE HEALTH, SAFETY, AND WELL-BEING OF:
  - INDIVIDUALS – INSECURITY, CONFUSION, EMOTIONAL ISOLATION;
  - COMMUNITIES – ECONOMIC LOSS, WORK AND SCHOOL CLOSURES, INADEQUATE FINANCIAL RESOURCES, SOCIAL ISOLATION.

6

## STEPPING IN

- TELEHEALTH
- LIAISON
- GUIDANCE TO EMPLOYERS
- ASSISTING IN FOOD AID
- COMMUNITY MENTAL HEALTH SUPPORT SERVICES

7

## NEW CHALLENGES

- INCREASING PRIMARY CARE MENTAL HEALTH SURVEILLANCE
- INTRODUCING OUTREACH SERVICES (SUPPORT GROUPS, PEER COUNSELLING SERVICES AND CRISIS HELP LINES)
- EXPANDING VIRTUAL METHODS OF PROVIDING MENTAL HEALTH SERVICES
- ACCENTUATING ON TRAINING
- COMMUNITY HOME 'TGHANNIQA'

8