



## [Stories from the field: sharing successful strategies from the Eastern Mediterranean Region in mitigating noncommunicable diseases and mental health disorders during the COVID-19 pandemic and beyond](#)

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This publication concentrates on unpublished accounts of what Eastern Mediterranean Region countries have done to address noncommunicable diseases and mental health issues, both before and during the COVID-19 pandemic. The aim is not to give a complete picture of each country's overall strategy, but to share knowledge and experience with other countries around the world as we confront the global challenges of mental health and NCDs.

[English](#)

### **Alcohol and COVID-19**

Alcohol and COVID-19: what you need to know

Factsheet [English](#) | [Arabic](#)

Flyer [English](#) | [Arabic](#)

Infographic [English](#) | [Arabic](#)

## **Excessive screen use and COVID-19**

Excessive screen use and gaming considerations during #COVID19

Web story [English](#) | [Arabic](#)

Factsheet [English](#) | [Arabic](#)

Infographic 1 [English](#) | [Arabic](#)

Infographic 2 [English](#) | [Arabic](#)

Social cards [English](#) | [Arabic](#)

## **Mental health and COVID-19**

Basic psychosocial skills: a guide for COVID-19 responders

Guide [English](#)

Coping with stress during the 2019-nCoV outbreak

Flyer [English](#) | [Arabic](#)

COVID 19: 24/7 parenting

Factsheet [English](#) | [Arabic](#) | [French](#)

COVID-19: focus on persons deprived of their liberty

Interim guidance [English](#)

Doing what matters in times of stress: an illustrated guide

Illustrated guide [English](#)

Frontline workers and COVID-19: coping with stress

Web story [English](#)

Factsheet [English](#) | [Arabic](#)

Helping children cope with stress during 2019-nCoV outbreak

Flyer [English](#) | [Arabic](#)

Helping frontline workers cope with stress during COVID-19: actions for peers

Web story [English](#)

Factsheet [English](#) | [Arabic](#)

Helping frontline workers cope with stress during COVID-19: actions for team leads

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Factsheet [English](#) | [Arabic](#)

Interim briefing note on addressing mental health and psychosocial aspects of COVID-19 outbreak

Interim briefing [English](#) | [Arabic](#) | [French](#)

Mental health and psychosocial considerations during COVID-19 outbreak

Considerations [English](#) | [Arabic](#)

My hero is you, storybook for children on COVID-19

Storybook [English](#) | [Arabic](#) | [French](#)

Remote psychological first aid during the COVID-19 outbreak

Interim guidelines [English](#)

Social stigma associated with COVID-19

Factsheet [English](#) | [Arabic](#)

## **NCDs and COVID-19**

NCDs and COVID-19 in the Eastern Mediterranean Region

Web story [English](#)

Factsheet [English](#) | [Arabic](#)

Infographic 1 [English](#) | [Arabic](#)

Infographic 2 [English](#) | [Arabic](#)

Infographic 3 [English](#) | [Arabic](#)

Rapid assessment of service delivery for NCDs during COVID-19

Web story [English](#)

Preliminary survey results [English](#)

## **Nutrition and COVID-19**

Breastfeeding advice during the COVID-19 outbreak

Web story [English](#) | [Arabic](#)

Flyer [English](#) | [Arabic](#)

Infographic [English](#) | [Arabic](#)

Social cards [English](#) | [Arabic](#)

Feeding babies and young children during the COVID-19 outbreak

Web story [English](#) | [Arabic](#)

Flyer [English](#) | [Arabic](#)

Infographic [English](#) | [Arabic](#)

Social cards [English](#) | [Arabic](#)

Food crisis likely to worsen in the Middle East and North Africa as COVID 19 continues

Web story [English](#) | [Arabic](#)

Nutrition advice for adults during the COVID-19 outbreak

Web story [English](#) | [Arabic](#)

Flyer [English](#) | [Arabic](#)

Infographic [English&nbsp;](#)| [Arabic](#)

Social cards [English](#) | [Arabic](#)

## **Substance use and COVID-19**

Substance use considerations during #COVID19

Web story [English](#) |&nbsp;[Arabic](#)

Factsheet [English](#) |&nbsp;[Arabic](#)

Infographic [English](#) |&nbsp;[Arabic](#)

Social cards [English](#) [Arabic](#)

## **Tobacco and COVID-19**

Why should you quit and stay off tobacco and vaping during COVID-19 and always?

Animated GIF [English](#) [Arabic](#)

Give up heated tobacco products during COVID-19 and always

Animated GIF [English](#) [Arabic](#)

Don't vape during COVID-19 and always

Animated GIF [English](#) [Arabic](#)

Advancing tobacco control during the COVID-19 pandemic

Web story [English](#)

Country tobacco control activities during COVID-19

Web stories [English](#)



Don't smoke or vape during Eid and always

Social cards (7) [English](#) | [Arabic](#)

Post COVID-19: banning tobacco and e-cigarettes in public places is a public health must

Web story [English](#)

Smoking and vaping increases your chances of developing a severe case of COVID-19

Social cards (7) [English](#) | [Arabic](#)

Tobacco and waterpipe use increase the risk of suffering from COVID-19

Q&A [English](#) | [Arabic](#)

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