



At present, many countries in the Eastern Mediterranean Region have developed action plans and started implementing activities to address mental health and psychosocial support as part of their national response to the #COVID19 pandemic. We will regularly share experiences from countries in the Region to keep you updated on what is happening on-the-ground to support people's mental health and wellbeing during this pandemic.

#### Lebanon

In its national response plan for the #COVID19 pandemic, Lebanon included a component on the provision of mental health and psychosocial support services, and has taken action to adapt the existing mental health services to ensure the continuity of care during these times.

Currently, Lebanon is providing mental health support to the public and sharing anti-stigma messages with them, as well as offering remote mental health support and consultations through video calls to people in quarantine hospitals.

It also developed a patient leaflet on how to cope with stress and how to access the mental health support services currently in place.

Additionally, Lebanon is providing training to healthcare personnel on: psychological first aid, emotional crisis management, red flags for referral to mental health care, and tips for selfcare.

It is also providing training to helpline operators across various sectors on the different aspects of mental health support during #COVID19.

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