

# 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This publication concentrates on unpublished accounts of what Eastern Mediterranean Region countries have done to address noncommunicable diseases and mental health issues, both before and during the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

Web story English

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 | Arabic

Social cards English | Arabic

### Substance use and COVID-19

Substance use considerations during #COVID19

Web story English | Arabic

Factsheet English | Arabic

Infographic English | 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 & hbsp; | 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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