



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.

Afghanistan

In its national response plan for the #COVID19 pandemic, Afghanistan incorporated a component on the provision of mental health and psychosocial support services.

Currently, Afghanistan is providing distant psychosocial counselling services through helplines and a website. The helplines provide individuals with information on #COVID19 and the mental health aspects surrounding it, and advice on reducing stress related to #COVID19, as well as brief psychosocial support for those in need of it. The website provides psychosocial counselling to people with Internet access.

Afghanistan is now in the process of developing awareness programmes that promote self-care in different groups, including the general population, healthcare workers and children to keep mental health and psychosocial problems at bay during this #COVID19 pandemic.

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