



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.

Tunisia

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

Tunisia established a Psychological Assistance Unit to support in identifying and managing psychiatric symptoms related to #COVID19 and confinement, and preventing relapse in people living with existing mental health conditions, as well as preventing and managing stress related to #COVID19 among healthcare workers.

Tunisia also set up a toll-free helpline. The helpline provides distant mental health consultations by 240 mental health professionals including psychiatrists, child psychiatrists and psychologists. Additionally, through this helpline, volunteer medical students and Tunisian Red Crescent psychologists, redirect victims of domestic violence to specialized nongovernmental organizations and a toll-free number to serve them. Psychiatric patients are also redirected through this helpline to their service providers to avoid discontinuation of treatment or missing consultations.

Two other helplines were established for healthcare workers, where they can partake in a stress management programme via video-consultations.

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