



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.

Saudi Arabia

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

It also established four psychosocial support platforms that provide free online mental health consultations for #COVID19.

Additionally, Saudi Arabia launched an awareness campaign to address the mental health and wellbeing of the community during the #COVID19 pandemic. It is doing this through live audio

broadcasts, press releases, videos and infographics.

Saudi Arabia also launched a second phase of the existing "DA'EM" (supporter) programme. DA'EM is a 24/7 web-based wellbeing and support programme that provides psychological and academic support to healthcare practitioners across the Kingdom and all Saudi practitioners who are training abroad on scholarships. The programme aims to reduce psychological pressures that health practitioners face in the fight against #COVID19.

Moreover, Saudi Arabia complemented this programme with a hotline that provides mental health and psychosocial support for pressing psychological problems.

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