

## Psychosocial status of reintegrated women with Mental Health condition during COVID-19 Lockdown

COVID-19 is a National and International public health emergency. The COVID-19 has not only effected people's physical health but mental well-being as well. The terror of being infected by the disease is greatly affecting on the mental health of the people. The situation is even worse for the people who are experiencing mental health issues and are under medication. With the aim to understand the psychosocial impacts and

the difficulties being faced by these women, KOSHISH conducted the rapid assessment with 105 reintegrated women with mental health issues under medication to understand their psychosocial status during COVID-19 pandemic and lockdown. The assessment was carried out with respondents from various districts of Nepal through phone calls by the outreach workers of KOSHISH.

### Major findings from the survey

**70%** experienced emotions like anger, sadness, frustration, fear, anxiety, hopelessness

**17%** encountered violence

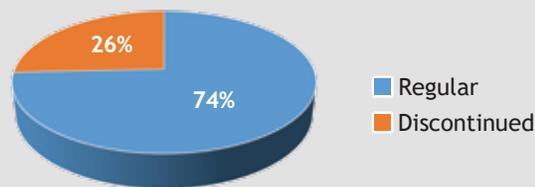
**34%** received relief support

**58%** lack of sleep, loss of appetite

**45%** deprived of basic supplies

**19%** had suicidal thought

**26%** discontinued medications



### Reasons for discontinuing medication



This assessment indicates that the continuous fear, limitation of contact with other people and scarcity of basic supplies have affected in the psychological well-being of the reintegrated women with mental health problems.

Also, the unavailability of basic food supplies has also added additional effect on their psychosocial well-being. Similarly, many of them are being deprived of the psychotropic medications which increases their chances of relapse. The finding shows that most of the women discontinued

medications due to lack of family support and financial crisis. The women are also being abused by their family which has directly affected their mental health. The government has least priority for the mental health area in this pandemic situation even though many people are being affected by psychological problems. There is an urgency to focus on the strategies to prevent impacts of COVID-19 on mental health of people especially the ones who are already experiencing mental health conditions.

## Progress sharing at the Protection Cluster Meeting

With the aim of sharing the progress of the work conducted under the protection cluster and distribution of relief materials and dignity kits to the flood and landslide affected people, a virtual meeting was organized by the Committee of Protection Cluster Social Development Ministry, Gandaki Province on 30th July, 2020. Wherein, KOSHISH including 30 I/NGOs civil society and relevant stakeholders showed their participation. In the meeting, overall activities related to protection issues in Gandaki province was reviewed. Likewise, distribution of dignity kit to women, children, persons with disability and a senior citizen who were affected by landslide and flood was reported. Thereby, KOSHISH briefed

about ongoing project "Promoting mental health and psychosocial well-being of the vulnerable persons impacted by COVID-19 crisis" supported by The Canadian Fund for Local Initiatives. KOSHISH also shared about the progress of relief materials distribution to the people affected by the flood and landslide in Marsyangdi Rural Municipality, Lamjung, which was supported by CBM. In the meeting, KOSHISH stressed about the interrelation between protection issues and mental health. Most importantly, the likelihood of the negative consequence of the disaster on vulnerable people was highlighted in regards to psychosocial implication.



## Supreme Court has given order to Show Cause!

On behalf of KOSHISH, Executive Director Matrika Prasad Devkota and Advocate Sharmila Parajuli had filed a Public Interest Litigation (PIL) against the Government of Nepal, the Prime Minister and the Office of the Council of Ministers including Ministry of Finance, Ministry of Federal Affairs and General Administration, Ministry of Health and Population and National Planning Commission in the Supreme Court.

In the writ petition, the Supreme Court has issued an order to show cause to the respondents in which the petitioners had made the demands that the separate Mental Health Division under the Ministry

of Health and Population / Health Services Department at the federal level and Mental Health Branch under the Directorate of Health at the state level to be established along with the appointment of unit /resource person in District Hospitals and District Public Health Offices at the district level to initiate the National Mental Health Policy, 2054 proposed by the respondents to coordinate and address the mental health problems from central to local level and to facilitate, coordinate and regulate all the actions taken by the government for the protection and promotion of mental health.

## Emergency Relief support and PFA to landslide affected people of Lamjung

KOSHISH in collaboration with CBM provided basic food support and dignity-kits to 26 pregnant and lactating mothers and persons with disability. Similarly, 3 Blankets were provided to each of the 21 families whose houses were swiped away by the landslide. KOSHISH provided Psychosocial First Aid (PFA) and counseling services to the total PFA to more than 200 individuals affected by the landslide and continuing the service at Khudi Health Post, Marsyangdi.

The incessant rainfall from 17th-22nd July 2020 had erupted some 500 meters above the settlement of 82 household swiped away 21 households in Marsyangdi-3, Pallotari. Flooding and landslides had led to 8 injuries, 21 houses are fully destroyed, 61 other houses partially damaged and prone to further risk. Nearly 400 people from 80 households were displaced to the nearest schools.



## Daughter's Love

An 18-year-old girl from Lamjung was concerned about the mental health conditions that her parents were experiencing. She got the information about the toll free counseling service which KOSHISH has been providing during this COVID-19 situation from a staff of KOSHISH. Then she called for support and started receiving counseling service. During the sessions, she expressed it was not possible to reach at any facilities during lockdown for the treatment of her parents, so she felt helpless during the situation. She shared about her mother's mental health problems which got worst due to lock down. Her father also started experiencing mental health problems after the death of her brother-in-law which added additional stress to her.

Both her parents were provided with counseling services as well as referred to psychiatrist for consultation. For now there mental health conditions is improving and they are receiving regular counseling. She dealt with so much pressure in such young age which affected her mental health. It became hard for her to focus on her studies and other activities as she started to continuously feel anxious and worried about her parents. She is also receiving Tele-counseling services from KOSHISH and slowly her condition is improving.

KOSHISH has been in regular follow-up with her and helping her and her parents. She has lived through so much since the young age and yet she didn't give up her responsibilities towards her parents.



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### Support to Help combat the COVID-19 Crisis

Your donation can provide basic needs and essential drugs to people who are in need during the COVID-19 crisis in Nepal.