

# Mental health and psychosocial considerations during the COVID-19 outbreak

WHO messages for the general population



## Anyone can be affected

COVID-19 has and is likely to affect people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.

## Protect yourself and be supportive to others

Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper. For example, check by telephone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together.

## Seek information only from trusted sources

Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and your local health authority.

## Stay positive and hopeful

Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.

## Honour carers and healthcare workers

Honour carers and healthcare workers supporting people affected with COVID-19. Acknowledge the role they play in saving lives and keeping your loved ones safe.

Notice:



International Network of  
Health Promoting Hospitals  
& Health Services