

# Mental health NEWSLETTER



World Health  
Organization

*July 2020*



**Children's storybook on COVID-19 goes global**

Two months ago, WHO, together with more than 50 organizations working in the humanitarian sector, released My Hero is You, a new story book to help children understand and come to terms with COVID-19.

Initially released in Arabic, Chinese, English, French, Russian and Spanish, the book is now available in more than 110 languages, in addition to Braille, audio versions and many sign language versions.

Adaptations have been many and varied, and include an audio book for Rohingya children in Cox's Bazar, theatre plays in Gaza and Germany, a version for native Indian Americans in the Turtle Islands, a cartoon in Mongolia and a puppet play in Iran.

The book – aimed primarily at children aged 6-11 years old – is a project of the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings, a unique collaboration of United Nations agencies, national and international nongovernmental organizations and international agencies providing mental health and psychosocial support in emergency settings.

[For more information and all language versions](#)

[Country level adaptations](#)

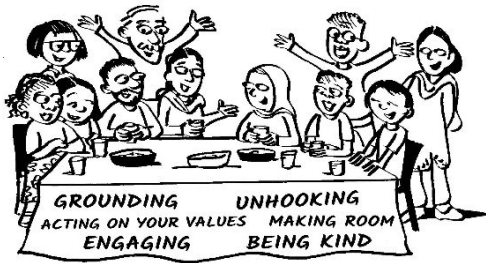
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## NEWS RELEASES

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## Stress management guide

## Doing What Matters in Times of Stress: An Illustrated Guide



Doing What Matters in Times of Stress: An Illustrated Guide is a stress management guide for coping with adversity.

The Guide aims to equip people with practical skills to help cope with stress.

A few minutes each day are enough to practice the self-help techniques. The guide can be used alone or with the accompanying audio exercises.

[Access the publication](#)

## Basic Psychosocial Skills : a guide for COVID-19 responders

This Guide aims to help orient people supporting the COVID-19 response to integrate psychosocial support skills into their daily work, thereby making a difference to the well-being of people they come into contact with during the pandemic. More specifically, the Guide is intended for health and social workers; emergency responders; people working in food stores, public transport, funeral parlours and pharmacies; employers and managers; and people who are providing support to vulnerable family members or members of their community.

The Guide was developed by the Inter-Agency Standing Committee's Mental Health and Psychosocial Support Reference Group.

[For more information and to download](#)

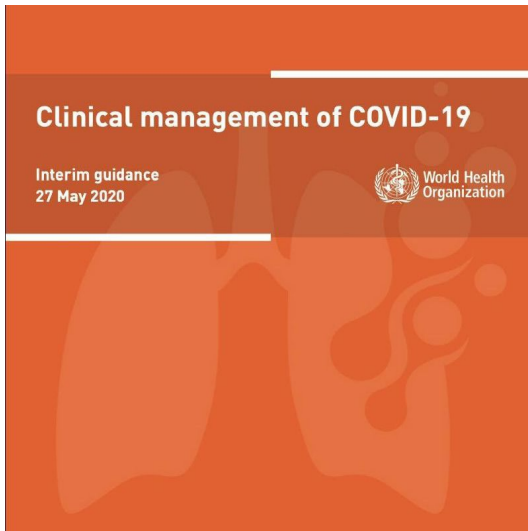


[document in English](#)

[Other language versions](#)

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## Clinical Management of COVID-19



This guidance document is intended for clinicians caring for COVID-19 patients during all phases of the disease (i.e. from screening to discharge).

It includes a chapter dedicated to management of mental and neurological manifestations of COVID-19.

[Access the publication](#)

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## Operational guidance for maintaining essential health services



Maintaining essential health services: operational guidance for the COVID-19 context provides practical actions that countries can take at national, sub-regional and local levels to reorganize and safely maintain access to high-quality, essential health services. This new publication includes a chapter on maintaining and adapting services for mental, neurological and substance use disorders.

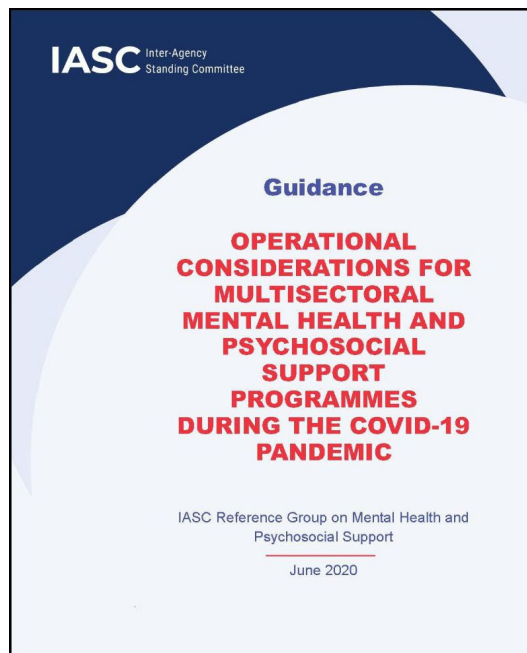
[Access the publication](#)

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## Operational considerations for multi-sectoral mental health and psychosocial support programmes during COVID-19

This document provides detailed information about provision of mental health and psychosocial support in humanitarian settings across sectors in the context of COVID-19. The approaches described can be used by programmes working on health, community-based protection, nutrition, camp management and camp coordination.

Sections included are: adapting psychological first aid to the COVID-19 context; continuation of clinical care; considerations for children, adolescents, families and older adults; and addressing substance use and addictive behaviours.



[Access the publication](#)

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[WHO resources on mental health and COVID-19 can now be found here](#)

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## “Call for stories” from the field: Inspiring people to continue mental health care during COVID-19





WHO and the Mental Health Innovation Network (MHIN) joined forces in March to launch a call for stories asking practitioners on the field to share their experiences of continuing mental health and psychosocial support services during times of service disruption caused by the COVID-19 pandemic. More than 100 stories were received. Experiences and lessons learned have been shared in various ways:

- [20 individual success stories](#) were shared in a blog post format on the MHIN website;
- [A series of videos](#) was developed to showcase the work of 14 inspiring practitioners; and
- [A webinar](#) was organized by United for Global Mental Health (UGMH) to share the experience of four organizations operating in separate parts of the world.

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## WHO's mental health websites relaunch



WHO's web pages on mental health and substance use are being streamlined and updated.

We will provide links to the new pages as they are launched in each edition of this newsletter.

Here are the latest:

[Mental well-being: resources for the public](#)

[Mental health](#)

[Alcohol](#)

[Brain health](#)

[Dementia](#)

[Depression](#)

[Epilepsy](#)

[Psychoactive drugs](#)

[Suicide prevention](#)

[Transforming services and promoting human rights](#)



