



WHO, Country Office for Nepal, Communication Product Sheet

World Mental Health Day 2020
Key messages in Nepali language-
Audio capsules



Explainer audio capsules

Medium

Audio capsules

Brief description

This is a set of short [explainer audio capsules](#) that address [different challenges](#) faced by the frontline health workers and general public on mental health.

The audio also seeks to [explain different facets of COVID-19 pandemic](#) and the response.

Language

Nepali

Format

Each capsule is an answer to one question. The answers are based on WHO guidance on the topic but drafted in words that would be understandable to a wide audience.

Duration

The audio capsules range in duration from 40 seconds to 60 seconds. The relatively short duration for this category of audios allows listening on mobile phones and on social media.

Primary audience

General public.

Ideas for additional application

These audio capsules can be

- Used as regular broadcast programs on radio channels.
- Integrated into podcasts.
- Integrated into lectures, talks, and teaching material for students.
- Used as explainer audio capsules for media interactions and moderated Q&A discussions.
- Be provided to health desks, hospitals, and institutions, and they can be played in the lobby/reception area/social media of offices and organizations.

Value-add

These audio capsules attempt to explain the importance of mental health and well being while making decisions on the COVID-19 response in a language that is accessible to a wide audience.

Topics/ Hashtags

#COVID-19, #MentalHealthMatters, #CommunityEngagement,
#RiskCommunication, #WHO, #WHONepal, #HealthEmergency, #HealthForAll

Publication date

10 October 2020

Available on

- [WHO Nepal YouTube channel](#)
- [WHO Nepal Country Web page](#)
- [WHO Nepal Facebook page](#)

Additional dissemination channels

- [MoHP COVID-19 portal](#)
- [MoHP Mobile App- Hamro Swasthya](#)
- [Online specialized health platform- Swasthya Khabar](#)
- UN Communications Group
- UN Risk Communication and Community Engagement Group
- National media outlets
- External Development Partners
- Partner health institutions/organizations/hospitals.

Additional formats

The capsules can be requested in audio file format.
Please see the [contact details](#).

List of audio capsules in Nepali and their URL

- 1. कोरोना महामारीका बेला मानसिक स्वास्थ्यको ख्याल कसरी गर्ने ?**
(Transl. English. How to take care of our mental health during COVID-19?)
<https://bit.ly/2GM23Hj>
- 2. कोरोना महामारीको समयमा तनावसँग सामना गर्ने तरिका ।**
(Transl. English. Coping with stress during COVID-19 pandemic.)
<https://bit.ly/3lvn5lV>
- 3. आत्महत्याको सोच बनाइरहेका ब्यक्तिलाई हामी कसरी मद्दत गर्न सक्छौं ?**
(Transl. English. How can we help a person who is dealing with suicidal thoughts?)
<https://bit.ly/3dha3vV>
- 4. जीवन जिउनु लायक नभएभैँ महशुस भएमा के गर्ने ?**
(Transl. English. How can you help yourself when you feel like life is not worth living?)
<https://bit.ly/30SPUap>

5. निराश महसुस गरिरहेका अथवा आफैलाई हानी गर्ने सोच बनाइरहेका मानिसलाई हामी कसरी मद्दत गर्न सक्छौं ?

(Transl. English. How can we help the people who are feeling hopeless or are having thoughts of harming themselves?)

<https://bit.ly/2SGd13o>

6. आइसोलेसनमा बसेका बृद्धबृद्धाहरुको उचित हेरचाह ।

(Transl. English. Taking care of elderly people during Isolation.)

<https://bit.ly/3IB4USp>

7. आत्महत्याका समाचारहरुबारे उचित रिपोर्टिङ गर्ने निर्देशिका ।

(Transl. English. A proper guide to report the issues of suicide in the media.)

<https://bit.ly/2SEsW2q>

8. कोरोना महामारीका बेला बृद्धबृद्धाहरुको उचित हेरचाह ।

(Transl. English. Taking care of elderly people during COVID-19 Pandemic.)

<https://bit.ly/34BdF7S>

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