

A background image showing a microscopic view of plant cells, likely from a leaf, with clear cell walls and some internal structures. The image is in shades of blue and white, with a soft focus. A teal-colored rectangular box is overlaid on the left side of the image, containing white text.

COVID MHPSS Activities in the Bahamas

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MHPSS WG COORDINATION EFFORTS

Oversight for:

- MHPSS for:
 - Public
 - Frontline healthcare worker
- Local Organizations
- International Organizations



MHPSS ACTIVITIES IN BAHAMAS

Specific projects includes:

- Multiple virtual town hall meetings to address mental health and well being of citizens
- Implementation of telepsychology:
 - Support for students, teachers, administrators and parents
- Webinars/Trainings
- Messaging - PSAs, Brochures, PowToon's etc.
- Launch of dedicated hotlines which links persons:
 - Food resource
 - Mental health providers
 - Social Services
 - Quarantine facilities
 - Crisis Centre (GBV, violence against children and women)



COVID CALL CENTRE: MHPSS SCREENING QUESTIONS

- National COVID call centre in recognition of the challenges, asked questions as they relate to:
 - Food security
 - Depression screener
 - Households with a large numbers of persons (or crowding index), have implications for the ability to self isolate
- Individuals would then be referred to relevant facility or call centre

HEALTHCARE WORKER SUPPORT

MHPSS team are involved in providing telepsychology session to health care workers:

General support

Potential exposed persons
those who tested positive
isolation/quarantine

SIGNS OF STRESS & DISTRESS

Recognizing signs of stress and distress following disaster. Stress can manifest in physical, emotional, and mental symptoms.

PHYSICAL

- Increased headaches, body pains, stomach problems, and skin rashes.
- Changes in energy and activity levels.
- Changes in appetite.
- Insomnia.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or drugs.
- Tunnel vision or muffled hearing



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EMOTIONAL

- Feelings of shock, numbness, and disbelief.
- Feeling anxious or fearful.
- Anger or a short temperedness.
- Feeling withdrawn, disoriented, or confused.
- Irritability.
- Mood swings.
- Feelings of guilt or shame.



MENTAL

- Difficulty communicating thoughts.
- Difficulty concentrating.
- Reluctant to leave home.
- Nightmares.
- Loss of memory.
- Withdrawal from loved ones and lack interest in social activities.



RESOURCE LINE NUMBERS 819-7652 816-3799
812-0576 815-5850

CALL, WHATSAPP, OR TEXT   

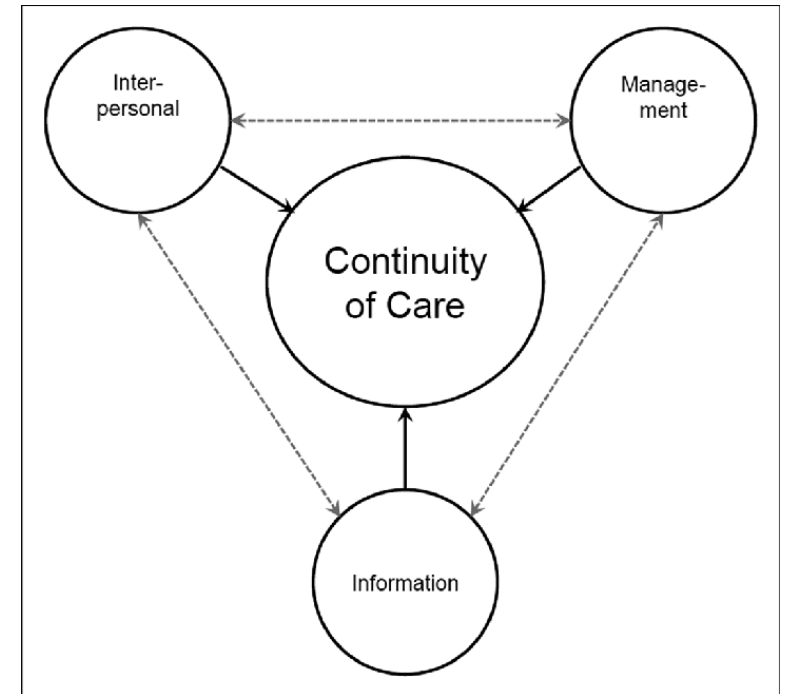
Seek professional help if you need it. Visit Bahamaspsych.org for more information and resources.



CONTINUITY OF MENTAL HEALTH CARE

Includes:

- Face to face service on a limited bases continue at CCAC, Adolescent Ward and Substance Use Unit.
- At the follow up outpatient clinics



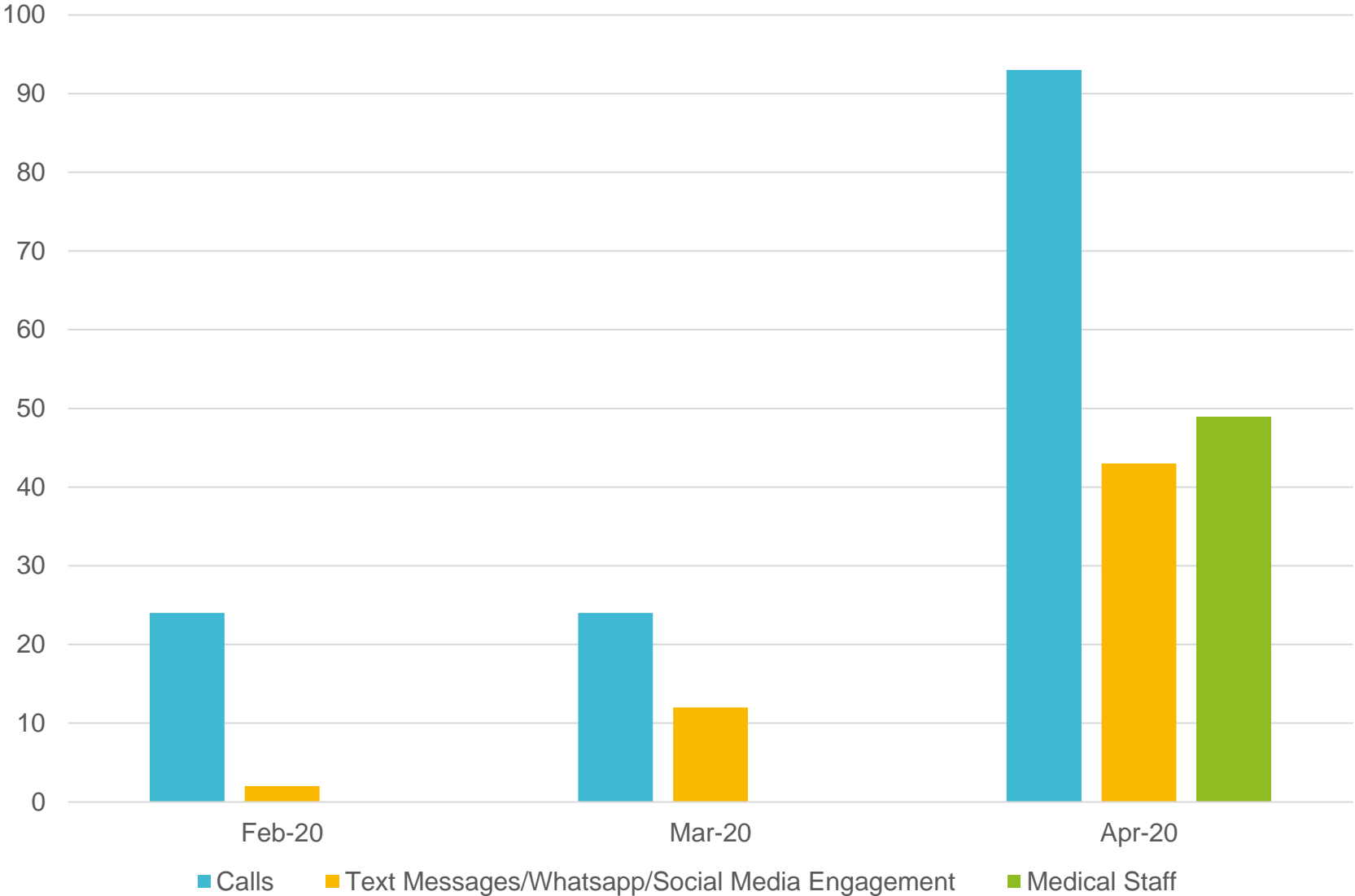
COMMUNITY ENGAGEMENT

Virtual Town Hall meetings with
focus on:

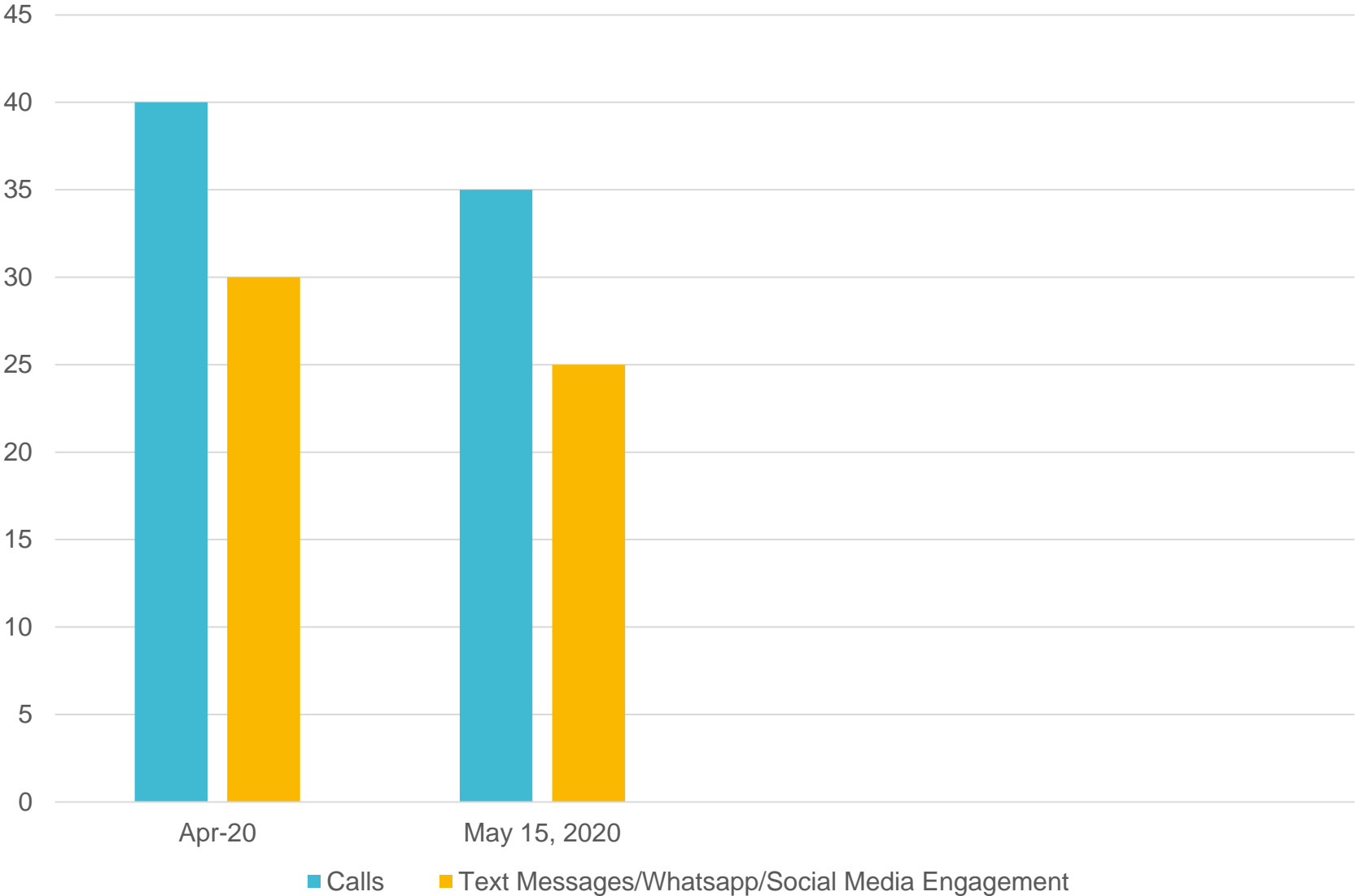
- Mental health of elderly and
disabled
- Child / youth focus mental health
- Island specific town hall (Bimini)



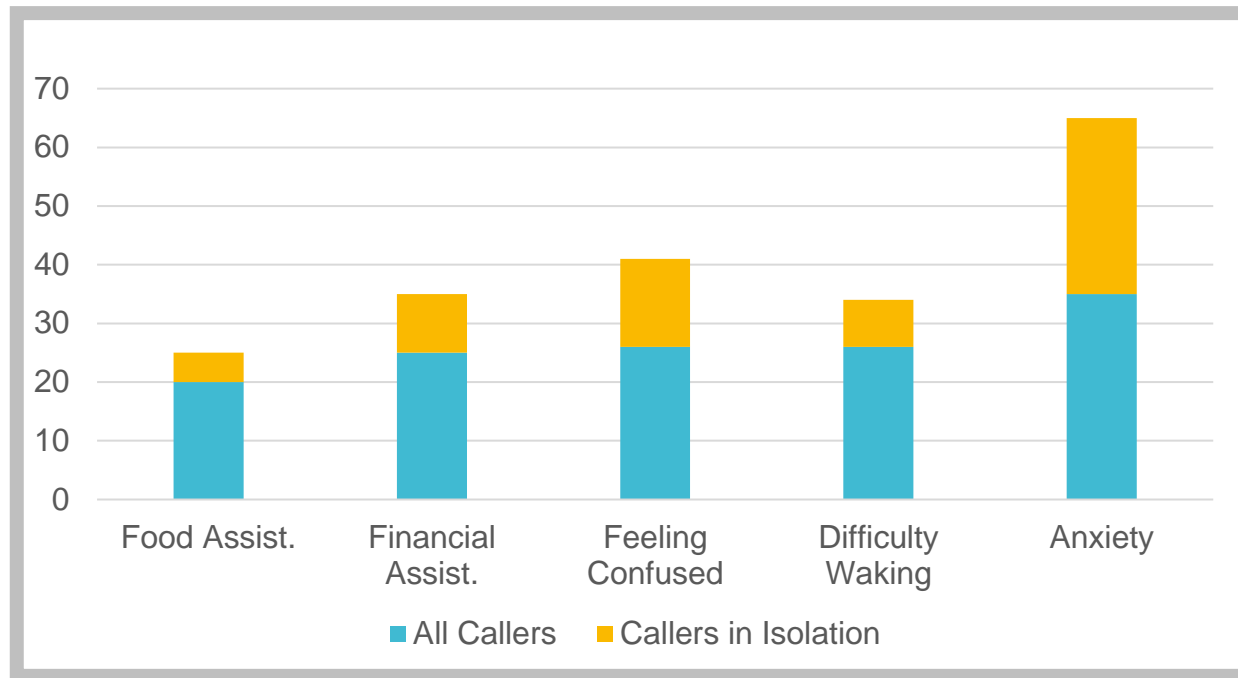
COVID ENGLISH HELPLINES



COVID CREOLE HELPINES



COVID HELPLINES CATERGORIES (INCLUDING CREOLE SPEAKING LINES)



IT'S OK TO FEEL

As human beings, we will experience a variety of feelings.

If you or anyone you know are experiencing persistent and overwhelming emotions please contact the numbers below.

**MHPSS HELP LINE
CALL, WHATSAPP OR TEXT**

**819 7652 812 0576
816 3799 815 5850**



ADDITIONAL MHPSS SERVICES

Includes:

- 49 medical staff members receive tele-mental health service ongoing



Telemental
Health



Thank
you