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# COVID-19 and mental health.

Md. Golam Rabbani

## Abstract

The Covid-19 pandemic has alarming implications for individual and collective health and emotional and social functioning. This pandemic has reemphasized the role of mental health care providers in delivering psychosocial support to their patients, health care providers, and the public with renewed focus on the need to remove stigma surrounding mental health.

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COVID-19 pandemic is an unprecedented medical condition where antibody testing is just one measurement of the physical effects. Apart from physical sufferings, the consequences of COVID-19 on the mental health and well-being at personal and population levels are many folds.<sup>1</sup>

Much harder to quantify?

The impact of isolation and uncertainty caused by the deadly virus, creating indication of an upcoming greater crisis in mental health for all countries of the world. From doctors and nurses to managers dealing with anxiety in their workforce, and students of all ages suddenly are in a state of despair because the COVID-19 crisis has had an undeniable impact- not only on the front line, but on everyone.

The stigmatization of mental health issues and lack of access to qualified care has magnified since the pandemic emerged. One significant study claimed that nearly half of the US adults self-report decline in mental health, while worry and stress have increased number of calls to national helpline by eight-fold.<sup>2</sup>

What rest of the world including Bangladesh is experiencing is a similar mental health impact- a global mental health challenge waiting ahead.

As we all focus on reassuming some sense of normality in our lives, for many others, the psychological effects of the pandemic will remain an unbearable burden for months and years to come. To build the ridge, it is imperative that we all fill the gap- talk openly with friends, family and colleagues who may be experiencing increasing levels of stress, anxiety and depression. And once and for all, remove the stigma surrounding the conversation about mental health.

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