

## Mental Health Care during the COVID-19 Pandemic.

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### Editorial

The Covid sickness 2019 (COVID-19) pandemic proceeds and concerns with respect to its results rise. This worry is tended to by different experts (for example the utilization of a multidisciplinary approach or the conceivable expansion in self-destructive conduct). Notwithstanding, the proceeding with tremendous tension on emotional wellness care experts warrants the supporting of their psychological well-being yet remorsefully, this point got little attention [1].

When all is said in done, these uncommon occasions will make trouble people and leave numerous individuals helpless against psychological well-being issues. Emotional well-being results will be available for an extensive stretch and may top later than the real pandemic since individuals at first react to the expansion of weight utilizing endurance mode yet get depleted after certain long stretches of consistent weight. In 2002–2003 during the SARS plague, medical services experts experienced physical and mental manifestations, which makes the help of psychological wellness of medical care experts key during this pandemic. Up until now, the restricted consideration for the psychological well-being of medical care experts is amazing. Others tended to significant subjects, yet since it is dubious when the COVID-19 pandemic closures, the outstanding task at hand for medical care experts will keep on being high. This applies for the emergency clinic setting just as emotional wellness care setting, and different areas. Besides, we expect an unexpected increment of enrollments when the pandemic declines (in the Netherlands) and treatment contacts will increment. Measures to forestall or uphold psychological wellness of experts in medical services are restricted, which is stressing in light of the fact that 25% of everybody announced diminished emotional well-being during the pandemic [2].

A few activities were created to help the emotional well-being of experts in medical care (for example World Health Organization). GGz Breburg and Amphia medical clinic built up a convention dependent on past discoveries and gave a diagram on the most proficient method to improve their emotional wellness. This convention forestalls crippling because of mental issues utilizing a ventured care proposition comprising of: counteraction of burnout, psychosocial uphold for experience tension identified with the pandemic and offers a transient post-awful pressure problem treatment. This convention is caused accessible upon demand (to please contact the comparing creator) and is only one potential approach to help our medical care experts on which we depend so intensely however we might want to empower the

improvement of other mental help conventions. Mental help for the medical care proficient is important to forestall burnout and acknowledge brisk recuperation when fundamental, so more consideration regarding this subject is pivotal [3].

### References

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