

The Prospect of Mental Health Concerns in the Covid and Post-Covid-19 Scenario

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ABSTRACT

In the past eleven months, the coronavirus epidemic has spread throughout the world. As of November 15, 2020, more than 54.5 million people have been sick and 1.3 million have died due to the disease. As of November 15, 2020, the number of corona virus cases in India increased to 8.8 million (6380 per million infected), and the number of deaths increased to 1.29 lacs (94 per million deaths).

India and numerous other nations have experienced distinct lockdown periods with terrible results. During this period, millions of homes have suffered, and millions of workers have lost their jobs. There has been a substantial impact on the economic, occupational, social, environmental, intellectual, and emotional well-being of our people, particularly on fragile and vulnerable groups such as the elderly, disabled, migrants, refugees, homeless, women, children, and adolescents.

This article is broken into two major sections. First, there is an overview of the numerous health concerns in Covid and the post-Covid-19 scenario. The following section of the essay will examine mental health concerns in Covid and the post-Covid-19 future. This paper concludes by summarising the current Covid-19 pandemic and emphasising the significance of World Mental Health Day and World Mental Health Week topics in the current environment.

Keywords: Covid-19 pandemic, Post covid-19 scenario, Mental health in Covid pandemic

1. INTRODUCTION

In the past eleven months, the coronavirus epidemic has spread throughout the world. Globally, more than 54.5 million people have been infected, and As of November 15, 2020[1], 1,3 million have perished due to the sickness. As of November 15, 2020, the number of coronavirus cases in India increased to 8.8 million (6380 per million infected), and the number of deaths increased to 1.29 lacs (94 per million deaths)[2].

This worldwide increase in infections and deaths has made the COVID-19 pandemic one of the greatest health and disease-related threats to human survival since World War II. A few western countries and areas are currently experiencing the second wave of the pandemic, and

specialists believe that our country will experience the same in the coming months. The only bright spot in this grim scenario is that the daily infection rate in India has dropped below 50,000, and recovered patients now outnumber new cases daily. The rate of recovery climbed to more than 90 percent, while the death rate decreased to less than 1.5 percent [2].

The 1948 WHO definition of health states, "health is a condition of complete physical, mental, and social wellbeing and not only the absence of disease or infirmity." due to sickness or infirmity" WHO (1984) later added that "health is a resource for everyday life, not the purpose of living" [3] as a slight change. The Lancet (2009) defined health as "the capacity of the body to adjust to new dangers and infirmities" [4-6] in an article.

This term is particularly pertinent today, as the world faces one of its greatest transforming challenges, the COVID-19 pandemic. According to the National Wellness Institute, wellness is the conscious decision-making process that leads to a healthy and satisfying life. It has described the financial, occupational, social, environmental, intellectual, physical, spiritual, and emotional elements of wellness [7-9]. A comprehensive analysis of all these elements is beyond the scope of this essay. We will focus on emotional health, feeling awareness, and stress management, with an emphasis on self-care, relaxation, stress reduction, and the development of inner resources and strength. The ongoing COVID-19 pandemic has had a devastating effect on the health and wellbeing of these populations.

The topic will be discussed in three broad groups: I first, a general narrative will be given on various health issues in Covid and the post-Covid-19 scenario; (ii) next, a special brief narrative will be given on mental health issues in Covid and the post-Covid-19 scenario; and (iii) finally, the way forward, keeping in mind the theme of this year's World Mental Health Day/week, "Mental Health for All: Greater Investment- Greater Access."

General Health Concerns in the Covid and Post-Covid-19 Situations

We have all heard Prime Minister Narendra Modi's first broadcast to the entire nation during the initial lockdown period with the motto "Jaan hai to jahaan hai" (there is a world out there if you stay alive); there is a world out there only if you remain alive. In other words, survival is a prerequisite, a precondition, for having a life [6]. This concept of survival is predominating and will continue to predominate the thoughts of the majority of individuals around us in the coming days and months. Health has become a significant aspect of everyday life for the average person. Precaution and illness prevention have begun to dominate the minds of the general public. During the first partial lifting of lockdown, social separation has become the new credo, with PM Modi's new slogan "do gaz ki doori mask hai zaroori" becoming a necessary while mingling socially [7].

The usage of masks, gloves, hair nets, non-contact delivery, hand-washing, and sanitizers by our inhabitants has become an everyday occurrence. Isolation, quarantine, containment, etc., are the new health terms that the general public is using. The next motto of the Prime Minister is "Jaan bhi Jahaan bhi," and despite the fact that some of the precautions were weakened by this, common people's health concerns are now deeply ingrained [10-12].

Telemedicine is on the rise and will continue to grow in the post-COVID-19 era. The corona crisis was the catalyst for the widespread testing and acceptance of telemedicine. The rate of patient acceptance, physician cooperation, and legal and liability concerns has accelerated. The general public will increasingly demand innovative technologies that do not require them to visit hospitals or clinics, given that social distance is becoming a universal

norm. Telemedicine is therefore here to stay and is anticipated to expand at a quicker rate in the coming months [14].

In the coming weeks and months, healthcare costs are anticipated to increase, and health insurance will cover less and cost more. In the aftermath of COVID-19, the treatment of the viral infection may cost tens of thousands of rupees. Many private hospitals are turning away Covid-infected patients, whilst government facilities are overcrowded and poorly equipped.

Due to this pandemic epidemic, health insurance coverage will undergo considerable changes in the following days, and insurance rates are projected to increase by 25 to 40 percent during renewals [15]. The sickness is and will be financially and physically burdensome for individuals infected.

Suicide prevention strategies include removing access to suicide implements. As insomnia is a well-established suicide risk, it is important to treat sleep disruptions and insomnia factor. Provide appropriate social support; social support is a well-established protective factor against suicide. In addition, it fosters a sense of belonging, provides feedback, fosters self-esteem, and enables concrete assistance.

At a close buddy watch, another member at home or in a hostel, typically a close cousin or friend, is assigned to regularly observe the at-risk person [23]. Child and youth mental health: According to UNESCO, 188 nations had halted schooling by April 2020. Over 90% of registered students, or around 1.5 billion young people, are now wholly or partially disengaged from education worldwide. 10 to 20 percent of all adolescents suffer from mental health issues. This figure is anticipated to climb dramatically in the coming weeks and months, as the corona pandemic continues. Many children and adolescents struggle with lockdown situations. They miss the sense of safety that school, friends, and regular activities used to bring. Some students are unable to balance their online activities with their academic obligations. Teachers are more exposed to the suffering of their kids, necessitating training so that they can provide appropriate support and referrals when necessary.

Isolation, confinement, and extended home confinement of children and adolescents drastically alter their usual daily and social routines [24].

A post-COVID-19 environment will likely be conducive to an increase in chronic stress, anxiety, depression, alcohol abuse, and self-harm. UN Secretary-General Antonio Guterres encouraged countries, public society, and health authorities to address the coronavirus pandemic's mental health needs immediately [21]. He stated, "After decades of neglect and underinvestment in mental health care, the Covid-19 pandemic is now causing significant mental strain on families and communities." "Rather than careening toward a post-Covid mental health disaster, we must embrace this pandemic as an opportunity to reassess the existing provision of mental health services. This necessitates granting mental health services the long-overdue parity we so urgently required to assure progress [21-23]. Professor of psychology Tony Bates appropriately stated, "Covid-19 has not only shaken us up but also opened our eyes. We grew nicer, more aware of our own fragility, more certain of our ideals, and more appreciative of those whose services we had previously taken for granted.

We can conceive of the following key ideas to address post-Covid-19 mental health care demand: I The globe has adopted the concept of universal health coverage. Mental health must be a crucial component of UHC. No one should be denied access to mental health care because they are underprivileged or reside in a rural place. According to the WHO Mental Health Atlas (2017), mental health expenditures account for less than 2% of the global

median government health expenditure.[24-25] This situation must improve, (iii) at least double mental health spending over the next five-year planning period, (iv) ensure access to mental health services at the primary care level, (v) patients with pre-existing mental health conditions must receive immediate care, and (vi) recruit, train, and place mental health staffs on a priority basis at the primary care level.

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