

From

Director General Higher Education, Haryana
Shiksha Sadan, Sector-5, Panchkula

To

All Principals of Govt Colleges in State

Memo No.DHE-010009/50/2020-Coordination-DHE

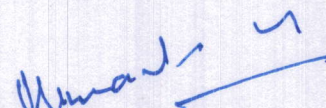
Dated 26.6.2020

Subject: Regarding collaboration with Higher Education Department and 1075 COVID Helpline.

Kindly refer to subject cited above.

The Department of Health, Haryana has recently launched mental health tele-counselling services via 1075 helpline number which is working 09.00-1800 seven days a week. Now they intend to extend this facility to the Department of Higher Education by providing training/counselling services/material to teachers and students of all higher education institutes in Haryana. A set of guidelines on mental health issues is enclosed herewith. To answer the queries from Colleges and to chalk out further modalities for the implementation of Helpline services, a webinar is scheduled on 27.6.2020 at 10.30 a.m. through google hangout meet. Link of this webinar has been shared at your email ids. You are requested to attend this webinar as per the schedule with your set of queries.

Encl. As above.


Deputy Director Coordination
For Director General Higher Education
Haryana, Panchkula

From

Director Health Services
Mental Health
Haryana, Panchkula

To

Mr. Hemant Verma
Deputy Director, Higher Education
Haryana, Panchkula

Memo No: DMHP/Main/II/2020/ 1888

Dated: 02.06.2020

Subject: Regarding collaboration with Higher Education Department.

This is with reference to our telephonic conversation yesterday.

Please note that Mental Health division of Health Department, Haryana is providing mental health tele-counselling services via an option in the 1075 COVID Helpline number, through a team of volunteers who are psychologists. These services are provided free of cost for the public, 9 AM to 6 PM, seven days a week.

We are looking forward to collaborate with department of Higher Education to provide training/counselling services/material to the teachers and students in all govt. & aided Colleges of Haryana.

Standard guidelines are enclosed for your reference for counselling children/adolescents.

Also, we would like to explore the possibilities of a seminar/webinar with our panel of experts for all the Principals of above mentioned Colleges. We request you to share the details of the schedule and the modalities for the seminar/webinar.

We are looking forward for a prompt reply.


Medical Officer

(Mental Health and De-Addiction)
For Director Health Services
Haryana, Panchkula

Guidelines

Mental health issues in children and adolescents

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered corona virus.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

What can I do to protect myself and prevent the spread of disease?

- Regularly and thoroughly clean your hands with an alcohol based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose off the used tissue immediately. Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Guidelines:-

Mental health professionals need to understand the impact of COVID-19 on the mental health of children and adolescents, who constitute 39% of India's population. COVID-19 pandemic has resulted in sudden disruption of daily routine of children and their parents.

- **Children and Adolescents in Orphanage Home**

- **Common apprehension**

1. The irregular schedules have been disrupted, with no clear idea of when they will be restored.
2. Children may experience a range of psychological issues such as anxiety, fear, worry, depression, difficulty sleeping, and loss of appetite.

- **Treatment and support by Orphanage Administration**

1. Adequate social distancing amongst Children and Staff of orphanage home.
2. Adequate hand hygiene facilities
3. Use of face masks by all
4. Display informative posters in Orphanage premises regarding Covid-19. human to human transmission of COVID-19. Such posters are available free of cost on the website of MoHFW, India.
5. Children are more vulnerable to stress reaction. Give them proper information about the outbreak without catastrophizing it. Avoid giving your own interpretation of the fact.
6. Answer questions honestly. Don't dismiss their worries. Don't make false promises. For instance by saying, "what is there to worry?" or "nothing will happen". Talk about what they should do if anyone fall ill in orphanage home
7. Figure a new routine for the orphanage home and the child. This routine must include academic work, chores, play, interaction with peers and relatives over the phone. Have a set time for meals and bedtime. The routine must be made collaboratively.

- **Treatment and support by Counselor in Orphanage home**

1. Create awareness about mental health issues
2. Providing telephone or video consultation
3. Adequate screening and treatment of other psychiatric co morbidities should also be undertaken. A follow-up consultation whenever needed should be planned

- **Juvenile delinquent in jails**

- **Common apprehension**

- **Children and Adolescents going to School and colleges**
 - **Common apprehension**
 1. Pre-schoolers have limited language skills and self-regulation ability. They may have feeding difficulties, sleep difficulties, crying spells, bedwetting (enuresis) etc
 2. School-going children may ask questions about their routine being disrupted, express fear or worry about COVID-19 infection to self and to parents. They may show changes in behavior like being clingy to parents, throwing temper tantrums, aggression towards parents/siblings, crying spells, oppositional behavior etc.
 3. Adolescents especially who are appearing for 10th and +2 have uncertainty about competitive exams and other career related future plans. Feelings of anger, sadness, boredom, anxiety, frustration etc. are common in adolescents. Few adolescents engage in risk taking by not following personal hygiene and social distancing, as they may feel invincible to COVID-19. The availability of gadgets with internet access at home can result in excessive use of these for social media, watching films, gaming etc.
 4. Quarantine and isolation may also lead to acute stress disorder, PTSD and grief in many children.
 - **Treatment and support**

How parents/caregivers can support their children/adolescents

 - ✓ Pending quality time with children
 - ✓ Explaining about COVID-19 in simple language
 - ✓ Encouraging children to openly communicate about their feelings
 - ✓ Validating children's feelings as normal and offering reassurance
 - ✓ Ensuring daily routine
 - ✓ Limiting screen time
 - ✓ Ensuring adequate stimulation of language, socio-emotional and motor developmental domains in young children
 - ✓ Encouraging children to develop a new hobby
 - ✓ Seeking professional help on time if there are any persistent negative feelings/behaviors
 - ✓ Providing regular medication for those with ongoing psychiatric illness
 - ✓ Reaching out to mental health professionals in crisis situations like acute onset behavioral changes, self-harm etc.

From

Director General Health Services
Haryana, Panchkula

To

Director General Higher Education, Haryana
Shiksha Sadan, Sector-5, Panchkula

Memo No: DMHP/Main/II/2020/1969


Dated: 16/06/2020

Subject: Regarding Collaboration with Higher Education Department

Kindly refer to your memo no. DHE-010009/50/2020-Coordination-DHE dated 11.06.2020 on the subject cited above.

You are requested to kindly inform all teachers and students of Colleges & Universities that the helpline no. for availing psychosocial first aid in Haryana is **1075**.

You are further informed that the Mental Health Division along with its team is ready to conduct seminar at any time of your choosing on any platform of your choosing, as long as it is informed to us at least a week in advance.


State Program Officer
(Mental Health and De-Addiction)
For Director General Health Services
Haryana, Panchkula