



Dear Global Clinical Practice Network Members,

Citizens around the world are monitoring the evolving impact of COVID-19. As healthcare providers, many of us are on the frontlines in terms of responding and providing care. This crisis is putting great strain on people's lives, and we are increasingly witnessing its impact on the mental health of our patients, our communities, and ourselves.

We recognize the value of the Global Clinical Practice Network as a means of sharing information about COVID-19 and the mental health consequences of this pandemic. One of the challenges at the moment is securing accurate and relevant information. We are sharing with you information from the WHO and other trusted sources across WHO member nations that we hope you will find useful and share with others.

#### **Managing Mental Health during the COVID-19 Pandemic: Resources from the WHO**

- WHO guidance on "[Mental health and psychosocial considerations during the COVID-19 outbreak](#)" as part of risk communication and community engagement technical guidance for COVID-19 response.
- [Coping with stress during COVID-19](#)
- [Helping children cope with stress during COVID-19](#)
- [How to address COVID-19 social stigma](#)
- Q&A about COVID-19 with Aiysha Malik from the Department of Mental Health on [Twitter](#), [Facebook](#), and [LinkedIn](#).

#### **Additional Mental Health Resources related to COVID-19 relevant to GCPN Members**

- United Nations Inter-Agency Standing Committee Reference Group for Mental Health and Psychosocial Support: [Briefing Note on Mental Health and Psychosocial Aspects of COVID-19](#)
- International Council of Nurses: [Press release on mental health and psychosocial support for clinicians during COVID-19.](#)

#### **Updated Information from the World Health Organization about COVID-19**

- [COVID-19 general website](#) with country and technical guidance, tips to protect yourself, trainings on COVID-19 preparedness, travel advice, and more
- [COVID-19 news](#) and [COVID-19 situation reports](#) with up-to-date announcements

- [Strategic preparedness and response plan for COVID-19](#) to support national preparedness and response to the epidemic
- [COVID-19 course series](#) for health professionals on responding to COVID-19
- [COVID-19 Social media cards](#): Please share via your social channels or [retweet from WHO channels](#).

### **Other Sources to Access COVID-19 Information**

- Johns Hopkins University: [Coronavirus COVID-19 global cases map](#), [Public Health On Call COVID-19 podcasts](#), and [COVID-19 experts Twitter](#)
- The Lancet: [COVID-19 Scientific Resource Centre](#)
- Elsevier: [Novel Coronavirus Information Center](#)

We are all in this together. We hope that you will share this information and also practice self-care while you are caring for others. Despite the recommendations to practice physical distancing, we are inspired by the creative ways that individuals and communities are connecting with kindness and empathy to support each other at this difficult time.

With best regards,

**Kathleen M. Pike, Ph.D.**

Director, WHO Collaborating Center for Capacity Building and Training in Global Mental Health  
Director, Columbia-WHO Center for Global Mental Health  
Professor of Psychology and Education  
Departments of Psychiatry and Epidemiology  
Columbia University Irving Medical Center

**Geoffrey M. Reed, Ph.D.**

Co-Director, WHO Collaborating Center for Capacity Building and Training in Global Mental Health  
Consultant, Department of Mental Health and Substance Abuse, World Health Organization  
Professor of Medical Psychology  
Department of Psychiatry  
Columbia University Vagelos College of Physicians and Surgeons

**Tahilia J. Rebello, Ph.D.**

WHO Collaborating Center for Capacity Building and Training in Global Mental Health  
Project Coordinator, WHO Global Clinical Practice Network  
Assistant Professor of Clinical Psychology  
Department of Psychiatry  
Columbia University Vagelos College of Physicians and Surgeons