

Government of Tripura  
**OFFICE OF THE STATE PROGRAMME OFFICER**  
National Mental Health Programme  
Modern Psychiatric Hospital Complex  
Narsingarh, Agartala

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**ACTIVITIES OF PSYCHOLOGICAL SUPPORT FROM TEAM TRIPURA DURING  
COVID-19 PANDEMIC AND LOCKDOWN PERIOD**

To provide psychological support and managing stress in various Government hospitals, Quarantine Centers, Home Quarantine sites, Isolation centers, National Mental Health Programme, NHM, Tripura are working in the form of psychological support team both at the state and district level. The team consists of Psychiatrists, Medical officers, psychologists, psychiatric social workers, volunteers etc, wherever present. At present there are 08 district psychological support teams formed in West Tripura, Gomati Tripura, Dhalai, Unokoti, Sepahijala, South Tripura, Khowai & North Tripura. The team has also collaborated with Indian Psychiatric Society, Tripura State Branch in carrying out the activities.

A State level Psychological free tele-consultation services (9.00 a.m to 7.30 p.m daily) have been started to address the psychological issues for the people of Tripura in need related to COVID-19 outbreak w.e.f. 28<sup>th</sup> March 2020 to 30<sup>th</sup> April 2020 respectively. Till date 115 tele-psychiatric consultations have been done. The state and district psychological support teams visited Government quarantine centers and provided counseling either telephonically or onsite to inmates weekly as per their necessity.

Modern Psychiatric Hospital, Narsingarh, Agartala is a Nodal center of DHMP (West) as well as state level. Regular OPD and IPD services are continuing. During this lockdown period, problems in Drug dependent patients especially with Heroin, Brown Sugar & Alcohol were much increased due to unavailability. DMHP West in collaboration with Drug De-addiction center of hospital has treated 1050 patients on OPD basis and admitted 256 patients since starting of Lockdown till date.

In some centers, the district team guided the quarantined persons to practice stress management techniques such as deep breathing exercises, meditation and yoga. Counseling of 60 general practitioners, 120 nurses and 635 family members of people staying in quarantine centers have been conducted. Conducting awareness through leaflets, poster campaigns in social media like Facebook, awareness videos streaming both Facebook live and youtube are also ongoing.

Till date, Psychological support teams have also oriented 50 health care workers on how to give psychological support and how to manage stress during the COVID -19 outbreak. The healthcare workers oriented includes doctors, MO I/Cs of various PHCs & CHCs, district hospital nurses, isolation center staffs, DMHP staff, some NHM staffs, etc.

**P.T.O**



### Tele Psychological Counselling of COVID-19 + patients

This project has been launched under supervision of MD, NHM and executed by Team NMHP of Tripura for psychological support of COVID-19 + patients in various CCCs and DCHs in various districts of Tripura.

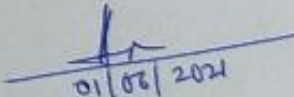
Also, Tripura also has been boarded with NIMHANS Psychosocial helpline.

#### **Report of Tele Psychological Counselling during 1<sup>st</sup> wave of COVID-19 pandemic**

<b>Tele Counseling (Started from 07-06-2020)</b>		
	<b>No. of Tele Psychological counseling done</b>	<b>Nos of patients followed up</b>
April 20	--	--
May 20	--	--
June 20	793	390
July 20	1971	825
August 20	2170	1010
September 20	1385	560
October 20	763	301
November 20	34	22
December 20	--	--
January 21	--	--
February 21	--	--
March 21	--	--
<b>Total</b>	<b>7116</b>	<b>2108</b>

#### **Report of Tele Psychological Counselling during 2<sup>nd</sup> wave of COVID-19 pandemic**

<b>Tele Counseling (Started from 16-04-2021)</b>		
	<b>No. of Tele Psychological counseling done</b>	<b>Nos of patients followed up</b>
April 21	561	265
May 21	4981	1365

  
01/06/2021

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