

The Hidden Crisis: Mental Health in Times of COVID-19

Leopoldina International Virtual Panel Series

In Cooperation with the
Academy of Science of South Africa

28 September 2020

10:00 – 11:15 Abuja

11:00 – 12:15 Berlin, Madrid, Pretoria



Leopoldina
Nationale Akademie
der Wissenschaften



Moderator

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The COVID-19 pandemic is most notably a physical health crisis, but it strongly affects mental health as well. Social isolation, job and financial losses, uncertainty about the real impact of the crisis, and fear for physical well-being affect the mental health of many people worldwide. These stressors can increase emotional distress and lead to depression and anxiety disorders. At the same time, there are enormous challenges on the health care side. People in need of mental health support have been increasingly confronted with limits and the interruption of mental health services in many countries. In May 2020, the World Health Organization already warned that the COVID-19 pandemic has the seeds of a major mental health crisis if action is not taken.

The Academy of Science of South Africa (ASSAf) and the German National Academy of Sciences Leopoldina organize a virtual panel to discuss human mental health in times of the COVID-19 pandemic from four country perspectives. The renowned speakers analyze the situation in Germany, South Africa, Spain, and Nigeria from a scientific perspective. In this regard, they address three levels: the individual, the health care system and the society in general. Central questions will be:

1. How does the COVID-19 pandemic affect mental health, and who is especially at risk?
2. What are the challenges for health professionals, which treatment approaches are available, and how can digitalization be used?
3. Does the COVID-19 pandemic support violence in societies, and which role does the media play?

Tune in:

zoom

<https://bit.ly/35gPXzV>

Prior registration is necessary.

After registration, you will receive a confirmation e-mail with the zoom link to the Zoom-webinar.

Downloading the zoom app is recommended.

Questions can be addressed in the Q&A channel.