

Mental health and Depression caused due to Covid-19

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Editorial

At the onset of the global pandemic 2020 caused due to Corona Virus in 2019 has made life vulnerable. The pandemic has both long-term and short-term insinuation on people who are weak and vulnerable.

COVID-19 has led to internal and external war for the humanity. People's fear of virus has outgone by the mental tension, trauma, depression caused by the pandemic to the livelihood or lifestyle of the people.

Children are most likely experiencing sadness, worry, anxiety and fear, and this can include the types of fears that are very similar to those experienced by adults, such as a fear of dying, a fear of their closed ones dying. As schools have closed due to this pandemic for safety the children didn't have the happiness that is provided by the school and also the neighbours, due to which they have less contact with their school friends or friends at home. As a result, children are more prone to mental disturbance than the adults who have awareness on this situation.

This pandemic resulted in loss of employment to so many

which lead them to worry about their livelihood and their families. As per statistics, nearly 147 million people have lost their jobs which are nearly half of the world's work force. This resulted in sleepless disorders, appetite loss to adults. In adults this may result in trauma, depression, low concentration and suicidal feelings.

Several study groups have started researches and surveys about this pandemic and its mental health. The anxiety or worry started to children and adults due to isolation and social distancing with their loved ones and family members. To overcome this, it is necessary for communities to start physical exercises like yoga, meditation and mind games. This is for both adults and children who are mostly vulnerable. For this, it is the responsibility of family members to identify and help them.

WHO (World Health Organization) and individual country government has started helplines and several programs to overcome this mental health and depression caused due to Covid-19 pandemic.

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