

## ***Changing paradigms in public mental health during a pandemic***

Rasan Burhan

St Georges University Hospitals NHS Foundation Trust, United Kingdom



### ***Abstract***

The SARS-CoV-2 pandemic has led to a significant disruption to the ordinary lives of individuals from across the globe. Since the emergence of the virus, there have been numerous public health measures introduced to limit its spread. These measures have led to an increase in demand for mental health services due to increases in reported anxiety, depression, insomnia amongst other diagnoses. Last month, a report published by the World Health Organisation revealed that there have been major interruptions to mental health services deemed as critical in more than a hundred countries across the globe. These disruptions have affected individuals requiring care in an array of settings; from emergency treatments to psychotherapy. Additionally, there has been a noted increase in the use of telemedicine to deliver services – with a higher uptake noted in higher-income countries as opposed to those less well off economically. The current times brings with it unprecedented challenges to the inner wellbeing of people whose livelihoods have unexpectedly been affected – with repercussions expected to be felt for a long time afterwards. This talk will discuss the current pressing issues related to the coronavirus pandemic, perceptions from across the board, the fear of contagion and the likely challenges that lay ahead.

[30<sup>th</sup> International Conference on Public Mental Health and Neurosciences](#); Webinar- December 08, 2020.

### **Abstract Citation:**

Rasan Burhan, Changing paradigms in public mental health during a pandemic, World Mental Health 2020, 30<sup>th</sup> International Conference on Public Mental Health and Neurosciences; Webinar- December 08, 2020

(<https://mental-health.neurologyconference.com/>)



### ***Biography:***

Dr R.Burhan is a junior doctor presenting from the United Kingdom. He is an avid speaker who has presented at numerous regional, national and international conferences in medicine and healthcare; having won awards and grants in the process. He is passionate about the role of learning and education in stimulating discussions, opening avenues for development and progress.